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Green groups to McGuinty: Oil spill a 'wake-up call'

ENVIRONMENT Thirty environmental, urban planning and health groups will deliver a letter to Dalton McGuinty today, urging the premier to break the province of its addiction to oil.

The groups — including Earthroots, Greenpeace Canada, Sierra Club Ontario and the David Suzuki Foundation — say the devastating oil spill in the Gulf of Mexico is a "wake-up call" for Ontario.

They say McGuinty should work to wean people off their dependence on oil and move the province towards cleaner energy methods, such as electric vehicles.

They also say new laws and policies should be introduced by the government to ease the transition.

THE CANADIAN PRESS

Celebrity Buzz pg 25

Franco turns heads at L.A. Pride

On the web
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G8 Leaders get big heads

ADRIEN VEZINA/THE CANADIAN PRESS

Frida Eklund of Oxfam Canada holds the Stephen Harper giant head yesterday as the papier mâché models of the G8 heads of state arrive at Oxfam's Toronto office. Barack Obama's ear is chipped, but his and other world leaders' giant papier mâché heads have arrived in Canada otherwise intact. Oxfam uses the props for publicity stunts during international meetings, such as the upcoming G8 and G20 summits in Huntsville and Toronto later this month.

Hate crimes spike

35% increase may be a result of better reporting: StatsCan

Police services are reporting a big jump in hate crimes, and they say gay men are being targeted more often and in the most violent incidents.

But Statistics Canada says the numbers could be more a result of better reporting than of increased violence.

The agency said police logged 1,036 hate crimes in 2008, up 35 per cent from 2007.

Just more than half (55 per cent) were motivated by race or ethnicity, 26 per cent by religion and 16 per cent by sexual orientation.

The agency says all three major categories of hate crime increased in 2008, but the largest increase was among crimes motivated by sexual orientation, which more than doubled in 2008 from 2007.

Hate crimes motivated by sexual orientation were also the most violent: 75 per cent were violent compared with 38 per cent of racially motivated incidents and 25 per cent of religiously motivated incidents.

The agency used data from the national Uniform Crime Reporting, which assembles information on hate crimes as defined in the Criminal Code "that have been reported to, and substantiated by, police services."

But the report cautions that the data may be affected by a number of things.

"Information from police indicates that year-over-year changes do not necessarily reflect actual increases or decreases in the incidence of this type of offence since the number of hate crimes recorded in a given area can be influenced by many different factors," it said.

"These may include the existence (or absence) of specialized police hate crime units, training initiatives, zero tolerance policies, victim assistance programs, hotlines and community awareness campaigns. In other words, the rate of hate crime in a given area may be more indicative of reporting practices by the public and local police services rather than prevalence levels."

THE CANADIAN PRESS

Gay men targeted

- Among violent incidents motivated by sexual orientation, 85 per cent of the victims were male.

O'Brien to reveal his plan soon

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

MUNICIPAL ELECTION For the past two weeks, Larry O'Brien hasn't been able to show his face in public without someone asking whether he's going to run for mayor again.

He's deflected those questions, mostly saying there is too much work at city hall to launch a campaign or start winding down his time in office.

Yesterday, the mayor's office confirmed O'Brien will announce his intentions June 29, the day after city council decides on the Lansdowne Partnership Plan.

That may not be the final vote on the development of the park.

Bay Ward Coun. and mayoral candidate Alex Cullen has vowed to make it an election issue.

Jim Watson, Cesar Bello, Mike Maguire, Stanley Pioro, Sean Ryan, Jane Scharf, Charlie Taylor and Samuel Wright are also registered to run for mayor.

After mulling over a run for the mayor's office, Diane Deans has registered to run for a sixth term in Gloucester-Southgate. Deans has represented the area since 1994.

Robin Lawrance, Lilly Obina and Wade Wallace are also running in Gloucester-Southgate.

Switch

- After spending the week as a candidate in Innes Ward, Robert Larter has jumped over to Somerset. This is the sixth time he's changed wards.

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Local

Man faces 24 counts of flushing apparatus thefts

A city man appeared in court yesterday in relation to a string of thefts in the Ottawa area that occurred over a five-month span. Police said a suspect entered commercial and private washroom areas located inside various restaurants, shopping malls, hospitals, medical clinics and private sector facilities where electronic and manual flushing mechanisms of the toilets, valued at approximately $100 to $1,000 each, were removed. Robert Morissette, 51, faces 24 counts of theft under $5,000, mischief and breach of probation. METRO OTTAWA

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News in brief

DEATH A man is dead after falling from a balcony onto a parked vehicle on James Street at 6:22 p.m. yesterday. Police are investigating the incident.

SEX CHARGES Police have charged a city man with sexual assault, sexual interference, criminal harassment and breach of probation after a 14-year-old girl said she was stalked and inappropriately touched while working out at a recreational facility. Hassan Jabar Majli, 37, is in custody.

OFFICER An Ottawa police officer who was charged with discreditable conduct for a 2008 outburst that saw four officers assaulted has been given a week to quit, or face being fired. Ret. Deputy Chief Terence Kelly, who was overseeing the charge against Const. Jeffrey Gulick, rendered the decision yesterday. METRO OTTAWA

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What's online today.

Your Money Allan Small on the hazards of putting all your eggs in the real estate basket at **metronews.ca/investing**

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City chickens not roosting yet

Planners of pilot project need more time before approval

TIM WIECLAWSKI
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Later this month, the city's community services committee will consider a pilot project to allow homeowners to raise hens in their backyards, but it's too early for Ottawa residents to start counting their chickens.

Since they didn't feel they had enough time to develop a complete set of guidelines for the project, advocates of the plan have asked that the decision on the pilot project be deferred until the end of the summer.

It is currently illegal for Ottawa residents to raise chickens in their backyards. Adrian and Lyssa Rhodes would like to be able to raise between four and six chickens on their property for the purposes of egg production.

A mature hen will reliably lay one egg per day for at least two years, said Adrian.

Before moving forward with the pilot project, Lyssa said they still need to work on policy issues like the size and placements of coops.

The pilot project would track egg production, deaths, problems with predators, and other issues.

Based on the experience of urban hens in other cities, Adrian said they are expecting less than one per cent of homeowners to start raising chickens. Even if it was a huge success, they expect fewer than 7,000 homes to take part.

To keep noise complaints down, people would not be allowed to keep roosters. Hens are very quiet, said Lyssa.

A well-constructed coop should keep predators away from the chickens. Given that coyotes and raccoons could have their pick of wild prey in the Greenbelt and beyond, Lyssa doesn't believe chickens will attract predators.

While there is a concern over the smell that chicken droppings produce, Lyssa said it is no different than keeping a dog or cat.

TIM WIECLAWSKI/METRO OTTAWA

Two chicks perch on Adrian Rhodes' shoulders. Rhodes and his wife, Lyssa, are encouraging the city to implement a one-year pilot project to allow Ottawa homeowners to raise hens in their backyards.

Sylvia Holden not happy with plans for namesake park

LANSDOWNE Sylvia Holden Park should be maintained and preserved, insists the park's namesake.

Now a resident of Burlington, Vt., Sylvia Holden spent more than 20 years volunteering and promoting recreational facilities in the Glebe.

After leaving Ottawa to care for her ailing mother, the community green space immediately south of Lansdowne Park was renamed Sylvia Holden Park in her honour in 1995.

That park may now be folded into the larger public space that will be the front lawn of the new Lansdowne Park and the 80-year-old is not happy.

Community parks in the Glebe, like Sylvia Holden Park, are rare, she said.

"Except for school playgrounds and the odd vacant lot, there is not much room."

TIM WIECLAWSKI/ METRO OTTAWA

Drawings exhibit 'intimate look' into artists' creativity

NATIONAL GALLERY Pop Life may be getting all the attention in the Ottawa art world, but if patrons of the National Gallery of Canada were to wander upstairs, they will find a rare treat in the Prints, Drawings and Photographs Galleries.

There's no loud music and the lighting has been dimmed to protect the work, but Central European Drawings is nonetheless a major exhibition, which features rarely seen prints and drawings from the gallery's vault, as well as 30 new acquisitions.

"I think it just shows another aspect of art," said exhibition curator Erika Dolphin.

"In contemporary art, there's so many different things going on. What you're dealing with downstairs (at Pop Life) are some interesting and tough conceptual images and I think if you have the time to come upstairs, you get a more historical look at art and you get a more intimate look.

"Drawing is often associated with the artists' more initial creative concepts, and it gives you some insight into that."

The exhibit features 107 works by European masters spanning five centuries from the 16th century to the end of the Second World War, including Durer, Klimt, Kirchner, Nolde, Dix and Grosz.

"This is an opportunity to open the vaults on things that can't normally be seen on a regular basis because they're light sensitive," Dolphin said.

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Conductor to receive prestigious GG arts award
Gov. Gen. Michaëlle Jean presents a Governor General's Performing Arts Award to Canadian superstar conductor Yannick Nézet-Séguin onstage at the National Arts Centre tomorrow. METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Am Johal, chair of the non-profit group Impact on Community Coalition, left, and John Richardson, executive director of the Pivot Legal Society, mark the 75th anniversary of the On To Ottawa Trek at Parliament Hill yesterday.

March calls for housing plan

TIM WIECLAWSKI
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In June of 1935 — at the lowest point of the Great Depression — relief camp workers in Vancouver started holding general strikes, pushing for social programs.

Thousands of workers eventually jumped aboard train box cars bound for Ottawa to take their protest to Parliament Hill.

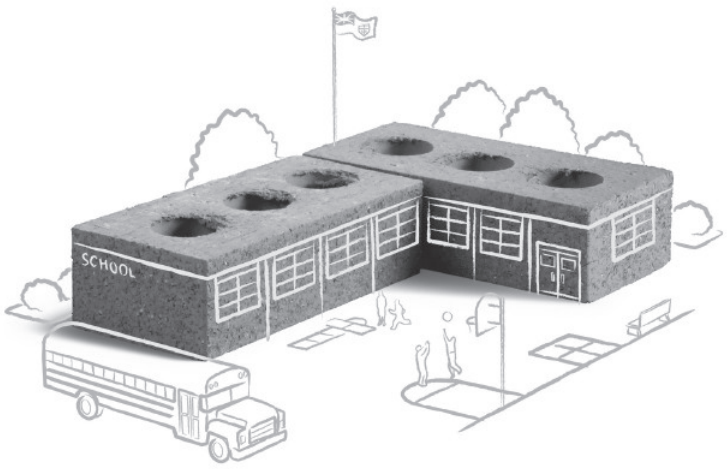
They made it as far as Regina before they were stopped by the Royal Canadian Mounted Police.

Still, a delegation of eight men was able carry on to Ottawa to meet with Prime Minister R.B. Bennett. When the delegation returned to Regina, the RCMP clamped down and violently suppressed their protest on Canada Day.

That spirit of fighting for social programs continues, said Am Johal, chair of the non-profit Impact on Community Coalition, who arrived on Parliament Hill yesterday to mark the 75th anniversary of the On To Ottawa Trek to repeat the call for the federal government to create a national housing strategy. "We have one of the worst homeless situations ever in the history of the country," said Johal. "There are 300,000 people who are homeless ... This is a health and human rights disaster."

"We have one of the worst homeless situations ever."
Am Johal, chair, Impact on Community Coalition

The group on Parliament Hill carried red tents as a symbol of Canada's housing crisis and the growing support for a funded national housing strategy.



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TRACEY TONG/METRO OTTAWA

MP Royal Galipeau announces funding for the 35th annual Festival Franco-Ontarien.

Festival Franco-Ontarien returns

EVENT Ottawa's biggest Francophone festival returns later this week with a grand parade, dancers, musicians and other artists in celebration of Francophone arts and culture.

Kicking off Thursday and running through Saturday at the Marion Dewar Plaza, the 35th annual Festival Franco-Ontarien features performances by Andrea Lindsay, Robert Charlebois and Compagnie Créole, as well as Ottawa's Louis-Philippe Robillard and Pat Groulx, Quebec's Ariane Moffatt, St-Albert's Mélissa Ouimet and Louisiana's Zachary Richard.

Starting at 5 p.m. on Saturday, the tribal-themed Grand Franco-Ontarien parade begins at Laurier and Cumberland streets and proceeds through the By-Ward Market.

The drummers of Transe Express perform while suspended more than 200 feet in the air on Thursday and Saturday while dancers perform the South African gumboot, the war dances of Burundi and the traditional Argentinian Las boleadoras. TRACEY TONG/ METRO OTTAWA

Mom faces attempted murder rap in 'honour' crime
A Montreal mother is to be charged with attempted murder after her 19-year-old daughter was hospitalized with stab wounds in what police are calling a "crime of honour." The victim — the eldest of four daughters — has severe head injuries, but her life is not in danger. METRO NEWS SERVICES

Canada

Chinese president sets up short tour

Chinese President Hu Jintao has penciled in a short official visit to Canada prior to the start of the G20 summit in Toronto. The visit, the first by a top Chinese leader since Prime Minister Stephen Harper took power, has not been officially announced, but government sources confirmed Hu is to stop in Ottawa.

TORSTAR NEWS SERVICE

Model blamed for Brit's soccer blunder

Ontarian split with English goalkeeper before his shocking blown save against U.S. in World Cup

To the British, she's Elizabeth Minett, the five-foot-10 lingerie model whose memory haunted the goalie whose slippery fingers devastated the England team in the match against the U.S.

To the folks in Guelph and Muskoka, Ont., she's the gorgeous, brainy, globetrotting Lizzie, daughter of dentist Dr. Charles Minett and granddaughter of Manhattan Project scientist Ernest Everet Minett.

"She's not just gorgeous, she's dramatic gorgeous," says a woman who has known her since she was born 23 years ago into a prominent Ontario family.

Minett, who graduated from the University of Waterloo in 2008 with a degree in economics, is "very bright" as well as beautiful, she said, although asking that her name not be used.

Two British tabloid newspapers, the Daily Mail and the Daily Mirror, blamed Minett yesterday for goalie Robert Green's stunning miss on a routine shot that allowed the U.S. to tie in its World Cup match against England on Saturday.

She and Green, 30, met two years ago in Toronto when his West Ham team was touring Canada, the Daily Mail said. They'd lived together in a luxe flat overlooking the Thames on the Isle of Dogs in London until about a month ago, when the relationship ended.

Green's agent Andy Evans was quoted by the Daily Mirror Sunday night as insisting the split has not affected the goalie's focus in South Africa.

He said: "Their relationship was over many months ago. This really is not an issue and Rob has gone into the World Cup prepared mentally and as focused as possible."

Minett herself issued a terse "no comment" yesterday through two of the modelling agencies she works for: Next Models of Toronto and Elite Models, which has offices in Toronto and Miami. Minett is on the roster for the Miami TV division of Elite.

But three months ago, she was happily telling a British tab that she was going to South Africa to cheer Green on and would resort to "French or French-Canadian" to thwart the spies who tried to eavesdrop on the couple.

"They will not be able to understand a thing," she was quoted as saying by the tabloid Daily Star. "Even the French media will not be able to understand.

"I will put the Canadian accent on so strong. That's my plan anyway. I started learning French when I was three and am pretty much fluent. I even have a cousin living in Paris who is married to a Frenchman."

Her big family has deep roots in Ontario. Grandfather Ernest Everet Minett graduated from the University of Toronto and did graduate studies at MIT before working on the Manhattan Project and developing Remington Rand's UNIVAC computer systems. TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE FILE PHOTO

Model Elizabeth Minett is seen in a frame grab from episode 1208 of Get Out! a HDNet show, as seen on the HDNet website.

News in brief

OVERSIGHT The government is creating a new watchdog over the RCMP. The Conservatives originally announced the new oversight agency for the Mounties in March when they tabled their last budget. The budget earmarked $8 million over two years to set up the body to replace the current one. The current oversight body does not have the power to properly probe the Mounties' security activities. TORSTAR NEWS SERVICE

Canadians feeling the pinch of time management: Study

WORK Every evening after bedtime stories with her three- and six-year-old girls, Toronto mother Monique Ganon returns to her home office to begin her second shift.

"It's hectic," says the self-employed bookkeeper and consummate "multi-tasker" who visits clients two days a week when her children are in daycare.

A new study being released today shows that Canadians — especially women — are caught in a time crunch.

The problem has worsened since 1992, says the Canadian Index of Wellbeing which links economic, health, social, cultural and environmental indicators to Canadians' quality of life.

Today, 20 per cent of Canadians experience high levels of "time crunch" compared to just 16 per cent in 1992, according to the report.

Pressure drop

- Twenty per cent of Canadians experience high levels of time crunch, up from 16 per cent in 1992.

Women are feeling the strain more acutely than men with about 23 per cent reporting high levels of time pressure compared to 17 per cent of men. The report, which looks at time use, leisure and culture trends over the last 15 to 20 years found Canadians struggling to meet the competing demands of a BlackBerry-enabled 24-7 workplace.

TORSTAR NEWS SERVICE

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New Hampshire looking south, not north, for trade

New Hampshire, a state that borders Quebec, now does more trade with Mexico than it does with Canada. New Hampshire Sen. Jeanne Shaheen said exports to Canada dropped nearly 30 per cent in 2009, while exports to Mexico rose nearly 40 per cent. THE CANADIAN PRESS

Canadian killed by gunmen in Mexico

Friends say it was 43-year-old from Ontario

Friends are confirming a Canadian man has been shot to death by gunmen in Mexico.

They say Kenneth Klowak was killed by armed men after he refused to stop at a road block last Wednesday.

Mexican authorities said yesterday that a Canadian citizen was killed and an American wounded when gunmen attacked an SUV on a highway near the northern Mexico border with Texas.

Prosecutors in Coahuila state said the Canadian man was hit twice by bullets during the incident near Allende, a town south of Piedras Negras, across the border from Eagle Pass, Texas.

Wayne Biegel says 43-year-old Klowak was in Mexico building bike trails for his employer.

He says Klowak, who is from Mansfield, Ont., a town about an hour's drive northwest of Toronto, was an avid biker who constructed trails for his employer in Jamaica for the past two years.

Biegel, from the nearby town of Orangeville, says Klowak was due to visit his parents in Ontario at the end of the month.

"I spoke to him a week and a half ago. He was very happy, he was looking forward to ... coming back to Ontario."
Wayne Biegel, longtime friend

He called his friend of more than 20 years a passive and well-liked gentleman who wouldn't upset anyone.

"I spoke to him a week and a half ago," Biegel said in an interview. "He was very happy, he was looking forward to ... coming back to Ontario."

The Department of Foreign Affairs in Ottawa confirmed it was aware of the death of a Canadian citizen in the region of Piedras Negras, Mexico, but did not release any names.

Spokeswoman Dana Cryderman said a second Canadian citizen who was also part of the group excursion has been reported unharmed.

"Canadian consular officials in Monterrey and Mexico City are working closely with local authorities to gather additional information, and are providing consular assistance to the family," Cryderman said.

"Due to privacy considerations, no further information is available at this time."

Biegel said Klowak and a co-worker were driving through the region when they came across a barricade put up by armed individuals.

According to Biegel, Klowak was chased by the gunmen as he charged through the roadblock but lost control of his vehicle before it rolled into a ditch.

"The gunmen then got out of their vehicle and shot him twice in the head."

Biegel says Klowak's job of building trails had appeared to be a safe one in the past.

"He never explained any kind of danger to me," he said. "Oh God, it's devastating."

THE CANADIAN PRESS

Waterloo **GG in motion**

DAVE CHIDLEY/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean gestures as she speaks to Research in Motion (RIM) officials (left to right) Tim Lang, Morgan Elliott and Suzanne Audet, after touring one of their manufacturing facilities in Waterloo, Ont., yesterday.

With pills, it's all in the tilt

STUDY Researchers in Calgary have discovered it doesn't take a spoonful of sugar to make even the biggest pills slide smoothly down tiny throats.

They've found that the secret is all in the tilt of the head.

Bonnie Kaplan studied five different positions people can take to make the medicine go down — staring straight ahead, or looking up, down, to the left or to the right.

Pressure in the throat varies depending on which way the head faces. That means just a little turn can make a big difference in how easy it is to send something down the hatch.

"We swallow with our head straight ahead over 600 times a day. And so asking someone to swallow off-centre is a shock," Kaplan said yesterday. "They're just so disoriented. It feels so weird, they don't like it."

Still, her study showed the straight-ahead method was best for only about a third of adults who tried all five positions.

"That means maybe only a third of us are swallowing the most comfortable position, even when we're good at swallowing pills."

Kaplan says some children in the study were confined to hospital before learning to swallow pills because the only other option was to receive medication intravenously. She said one girl was so terrified of taking pills she'd get physically ill.

THE CANADIAN PRESS

The methodology

- Researcher Bonnie Kaplan worked with more than 30 seriously ill children and found that within 14 days all could be taught to take adult-sized pills easily.
- Working with tiny candy at first, she taught them tricks to make the pills slide down, including a "duck shake" of the head that makes a pill move back on the tongue before being swallowed.
- Over time, the candies were increased in size until they were the size of a large adult pill.

News in brief

SUMMITS Canada has added climate change to the G8 agenda after coming under pressure from world leaders and environmentalists. A spokesman for Prime Minister Stephen Harper confirmed yesterday that climate change will be on the table at the G8 and G20 summits. Leaders from the European Union, Mexico and the United Nations have been calling on Canada to put climate change on the to-do list when it hosts summits in Huntsville and Toronto this month. Countries are busy negotiating a global-warming pact ahead of the next UN climate summit in Mexico this December. It's hoped that summit will seal a tentative deal reached last year in Copenhagen.

BUS CRASH Police in Switzerland say nine Canadian tourists remain in hospital as a result of a bus crash Saturday. They say the other travellers who were on the bus are now flying back to Canada from Geneva. A spokesman for police in the canton of Valais says he has no further information on what caused the tour bus to go off the road and roll over. Two Canadians — a 71-year-old man and his 67-year-old wife from Ontario — were killed in the crash in southern Switzerland. Their names have not been released. The tour organizer, Jolly Tours and Travel company, refused comment yesterday.

THE CANADIAN PRESS

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Single-engine plane crashes in Saskatchewan
A 42-year-old pilot from B.C. has been injured in a crop-dusting accident in northeastern Saskatchewan. RCMP say weather was not a factor when the single-engine aircraft crashed Sunday evening shortly after takeoff. The plane collided with trees and smashed into the east bank of the North Saskatchewan River. THE CANADIAN PRESS

P.E.I. Discussions are at a premium

ANDREW VAUGHAN/THE CANADIAN PRESS

Finance Minister Jim Flaherty fields questions after a meeting with provincial and territorial finance ministers in Lakeside, P.E.I. yesterday. The ministers are working on ways to reform pensions in Canada. Flaherty has proposed a number of initiatives including what he calls a modest and gradual increase in Canada Pension Plan payroll premiums.

Nearly half of Canadians unready to retire: Poll

FINANCES A new survey suggests almost half of Canadians near retirement feel they are not financially prepared to live comfortably after they leave the workforce.

A poll of people over age 45 done for the Canadian Institute of Actuaries found that 42 per cent of respondents indicated they were unprepared for retirement.

The Ipsos Reid survey also found that almost an equal number had not sought any financial advice. That included consulting their banks, financial advisers, a relative or even a book on retirement.

The findings come as Canada's finance ministers meet today at a beach resort in P.E.I. to discuss pension reform.

Federal minister Jim Flaherty has proposed modest increases in Canada Pension Plan payroll premiums that would be phased in over time.

THE CANADIAN PRESS

Women's clinic looks to the past, and future

Niqab defence one example of evolving needs

When Quebec introduced legislation this spring to bar women wearing a niqab, or face veil, from accessing public services, staff from Toronto's Barbra Schlifer legal clinic held a news conference to denounce the move.

Last week, when the case of a Muslim woman claiming childhood sexual abuse was before the Court of Appeal for Ontario because she refused to remove her niqab, the clinic jumped to her defence.

"Telling women that they can't access services or can't speak at a trial about their sexual assault is not going to help them," said Farrah Khan, a counsellor at the clinic.

"It's actually pushing them into further isolation and creating more oppression for women."

Public discussion of violence against women has increased since the clinic opened 25 years ago in the wake of the shocking murder of Toronto lawyer Barbra Schlifer on the evening of her Call to the Bar.

But the context of that violence is constantly evolving, challenging the trail-blazing clinic to address the resulting public fatigue and confusion, said Khan.

"I have been really lucky to work in an agency that has been extremely supportive of us having these discussions around the niqab and its links to the systemic violence that women experience," said Khan, a 30-year-old Muslim and part of a new generation of feminists helping to steer the clinic into the future.

Farrah Khan

Schlifer's murder in April 1980 shook Toronto and ignited a new front in the battle for women's rights, says the clinic's Executive Director Amanda Dale.

It sparked the city's first Take Back the Night march, now an annual event. And it prompted Schlifer's friends to create a commemorative clinic in her name, the first-ever poverty law office to specialize in helping women victims of violence.

Free counselling and legal support for women dealing with domestic assault, childhood sexual abuse and date rape made up the bulk of the work at the small clinic when it opened in 1985.

The clinic's work today is essentially the same. But now almost half of women who have been victims of violence are also seeking help with the immigration system, either as refugees or landed immigrants.

As a result, the clinic has added specially trained interpreters who speak more than 40 languages to ensure these women's stories are told accurately — and unflinchingly — in court.

In other cases, where women are simply too traumatized by the violence that occurred in their home countries, the centre has borrowed the Latin American tradition of using quilts in storytelling to give the women a culturally acceptable way to speak, she said.

Growing and deepening poverty — due to welfare and other social service cuts during the mid-1990s — has also had an impact on the clinic's work.

The clinic, which has 20 staff, including nine counsellors and four lawyers, served 3,600 women last year on a budget of about $2.5 million.

TORSTAR NEWS SERVICE

Are groups keeping quiet for fear of losing government funding?

CASH Some community groups are so fearful of losing scarce government money that they decided to avoid a public forum on the issue on Parliament Hill.

Several high-profile aid agencies have faced funding cuts in recent months and say they are being punished for speaking out against government policies.

But what's also happening, advocates say, is that those who still get money fear to speak in support of those who have been cut off. It's dividing a community that's prided itself on solidarity for decades.

"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly," said one anonymous caller to the Monday forum, organized by Liberal MPs Ken Dryden and Anita Neville.

"This is wrong and this has to stop."
Liberal Leader Michael Ignatieff

"The chill is real and this is a new and sad development in Canadian policy."

Dryden said he knew of at least one other group which flat-out refused to be involved with the forum, because it has a funding application before the government.

Liberal Leader Michael Ignatieff compared the situation to that of Cuba or Bulgaria.

"We're faced with government that has politicized the very process of free discussion in the country between independent NGOs and the government," he said.

"This is wrong and this has to stop."

While fingers were pointed mostly at the Harper government, groups said there has been a steady erosion of government support for the not-for-profit sector over the last few decades.

One speaker also said aid agencies need to be careful about claiming political punishment, because cuts may just be cuts.

THE CANADIAN PRESS

No HST rebates for convicts: Tories

The Progressive Conservatives are demanding the Ontario government stop payment on HST rebate cheques for convicted criminals. Opposition Leader Tim Hudak says taxpayers will be shocked to learn people serving 90 days or less in jail will qualify for HST rebates if they filed a tax return last year. THE CANADIAN PRESS

U.S. Supreme Court rejects Arar appeal

DECISION The U.S. Supreme Court has rejected an appeal from a Canadian engineer who was caught up in the U.S. government's secret transfer of terror suspects to other countries.

The court did not comment yesterday in ending Syrian-born Maher Arar's quest to sue top U.S. officials, including former Attorney General John Ashcroft. Arar says he was mistaken for a terrorist when he was changing planes in New York on his way home to Canada, a year after the 2001 terrorist attacks. He was instead sent to Syria, where he claims he was tortured.

Maher Arar

Lower courts dismissed Arar's lawsuit, which asserts the U.S. purposely sent him to Syria to be tortured. Syria has denied he was tortured.

The Canadian government agreed to pay Arar $10 million and apologized to him for its role in the case. A Canadian investigation found that the Royal Canadian Mounted Police wrongly labelled Arar an Islamic fundamentalist and passed misleading and inaccurate information to U.S. authorities. THE ASSOCIATED PRESS

Inquiry

- An inquiry determined that Arar was tortured, and it cleared him of any terrorist links or suspicions.

News in brief

COST CUTTING The federal government will offer cash incentives to civil servants who find ways to reduce the cost of providing public services. Treasury Board President Stockwell Day has been asked to find $1.7 billion in savings this year as part of a review. THE CANADIAN PRESS

Military wanted Colvin gone

Newly released memo called for whistleblower's re-evaluation

Senior military officials at Canada's overseas command wanted to see diplomat-whistleblower Richard Colvin reined in and possibly removed from his job at the embassy in Kabul.

A toughly worded memo dated May 7, 2007, was released yesterday as part of an inquiry by the military police complaints commission. It painted Colvin as a troublemaker "with a pattern of questionable reporting decisions" whose position as the embassy's No. 2 should be re-evaluated.

It warned he "could become a liability to the Government of Canada's interests if left unchecked."

The memo, penned by a policy adviser at Canadian Expeditionary Force Command, recommended Colvin be reminded of responsibilities as a diplomat and "boundaries as a reporter." It said if he was not checked "his contribution to the Embassy in Kabul should be re-evaluated."

Starting in June 2006, Colvin filed a series of memos critical of Canada's policy in handing suspected Taliban prisoners over to Afghan authorities. He's testified his repeated warnings about possible torture were ignored. Colvin's explosive allegations became public last fall when they were aired before a parliamentary committee. At the time, many in government and the military professed never to have heard of the him. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Former diplomat Richard Colvin testifies at the Military Police Complaints Commission in April. Military officials at Canada's overseas command wanted to see diplomat-whistleblower Colvin reined in and possibly removed from his job at the embassy in Kabul says a memo released yesterday.

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Teens hospitalized following blast
RCMP say two teenagers, both 14, have been injured in an explosion on a farm in east-central Saskatchewan. THE CANADIAN PRESS

NDP: Another review keeps poor waiting

Ontario will take a deeper look at a major revamping of its welfare system after a report called for broad changes to help the disadvantaged into jobs, Community and Social Services Minister Madeleine Meilleur said yesterday.

The review will take 12 to 18 months, she said, with the NDP noting that this means the issues of helping the poor are effectively on hold until after the October 2011 election.

"The government is going to spin this for 16 months until the election," warned New Democrat MPP Michael Prue (Beaches-East York).

If the Liberals were serious about revamping welfare, Prue added, they would just get on with the job after yesterday's report from the government-appointed Social Assistance Review Advisory Counsel, including Gail Nyberg of the Daily Bread Food Bank.

The panel headed by Nyberg said Ontario needs "bold" welfare reforms because the current system "traps people in poverty" and doesn't do enough to help recipients into the workplace. One solution could be offering dental and pharmacare to all low-income Ontarians, because people on welfare get that aid and are reluctant to leave it for jobs without benefits, the panel said.

Madeleine Meilleur

"All of it has been said and said and said again ... it's been the subject of debate for years," Prue told reporters.

Meilleur said she was "impressed" by the report and said it's worth taking a year or more to delve deeper into the problems with welfare and possible solutions, as the panel recommended.

"At one point a major program like social assistance has to go through a complete review," she added, praising the focus on helping welfare recipients find work. "That's what I want, too."

Some social-welfare groups said the report didn't do enough to help people now.

"A bold vision for tomorrow does not put food on the table today," said Marvyn Novick, a retired social-policy professor at Ryerson University, of the Social Planning Network of Ontario.

He accused the government of ignoring the disadvantaged despite its much-touted anti-poverty strategy, which has already put on hold a promised plan giving dental care to low-income adults.

"People who do not know where their next meal is coming from do not have the luxury of time," said Peter Clutterbuck of the Social Planning Network of Ontario, which is calling for a $100 monthly "healthy food" supplement for people on social assistance.

TORSTAR NEWS SERVICE

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Teen sailor grateful for rescue

The California teenager who was plucked from her disabled sailboat in the turbulent southern Indian Ocean says she is in awe of the effort to rescue her and thought it might take much longer before she was saved. A French fishing vessel rescued Abby Sunderland more than 3,220 kilometres west of Australia on Saturday. THE ASSOCIATED PRESS

World

FBI docs show Kennedy death threats

Previously secret FBI records released yesterday show there were death threats against then senator Edward Kennedy, even five years after his failed 1980 White House bid. The documents showed that on May 23, 1985, the U.S. Capitol Police passed onto the FBI a copy of a letter sent to the Secret Service, ostensibly by a Warren, Mich., resident. The sender, whose name was redacted, declared: "Brass tacks, I'm gonna kill Kennedy and (President Ronald) Reagan, and I really mean it." THE ASSOCIATED PRESS

Find could alter course of Afghanistan's future

U.S. geologists have discovered vast mineral wealth in Afghanistan, possibly amounting to $1 trillion, President Hamid Karzai's spokesman said yesterday.

Waheed Omar told reporters the findings were made by the U.S. Geological Survey under contract to the Afghan government.

"The result of the survey ... has shown that Afghanistan has mineral resources worth $1 trillion," Omar said. "This is not an overall survey of all minerals in Afghanistan. Whatever has been found in this survey is worth $1 trillion."

"There is stunning potential here. There are a lot of ifs, of course, but I think potentially it is hugely significant."
U.S. Gen. David Petraeus on the deposits

The New York Times reported the $1 trillion figure in yesterday's edition and quoted senior American officials as saying untapped mineral deposits in Afghanistan are far beyond any previously known reserves and were enough to fundamentally alter the Afghan economy and perhaps the Afghan war itself.

A 2007 report by the USGS said most of the data on Afghanistan's mineral resources was produced between the early 1950s and 1985 but much was hidden and protected by Afghan scientists "during the intermittent conflict over the next two decades."

Americans discovered nearly $1 trillion in untapped mineral deposits, including iron, copper, cobalt, gold and critical industrial metals like lithium, according to the report. The Times quoted a Pentagon memo as saying Afghanistan could become the "Saudi Arabia of lithium," a key raw material in the manufacture of batteries for laptops and cellphones.

"There is stunning potential here," the paper quoted Gen. David Petraeus, commander of the United States Central Command as saying.

"There are a lot of ifs, of course, but I think potentially it is hugely significant." THE ASSOCIATED PRESS

FARUK AKKAN/THE ASSOCIATED PRESS

Uzbek refugees wait to cross the border from Kyrgyzstan into Uzbekistan yesterday.

Poll: Irish cardinal should resign

IRELAND A poll shows a strong majority of Irish people want the Catholic Church's leader in Ireland to resign because he helped shield a notorious child-abusing priest from the law. The Irish Times newspaper says 76 per cent of those polled want Cardinal Sean Brady to resign because he admitted taking secret depositions in 1975 from two children abused by the Rev. Brendan Smyth.

Brady provided his reports to his church superiors but not the police. Smyth raped scores more children in Ireland and the United States before being imprisoned in Northern Ireland in 1994. Smyth died in prison three years later. THE ASSOCIATED PRESS

Malaysia bans small cigarette packs

TOBACCO Malaysia began enforcing a ban on small cigarette packets, the health minister said yesterday, after a short-lived postponement of the move caused a tobacco company to threaten legal action.

The ban on the sale of packets containing fewer than 20 cigarettes took effect June 2, Health Minister Liow Tiong Lai said. The ministry announced last month it would be pushed back by six months until January next year.

The government had planned the ban as part of efforts to curb smoking among young Malaysians who consider smaller cigarette packs more affordable.

The cabinet decided in a meeting last week to uphold the ban following the "response from the public," Liow said.

"We listen to all quarters," Liow told The Associated Press.

"The decision (to ban small packets) was made five years ago, and the manufacturing companies already complied. They are ready."

Authorities previously said they feared the ban would spark a surge in demand for illegally produced cigarettes. The planned delay sparked complaints by the Malaysian affiliate of Philip Morris International, which exhausted its inventory of small cigarette packets in anticipation that the ban would take effect June 1.

The tobacco giant warned it would consider measures including legal action to recover losses, and claimed the move would hurt foreign investor confidence in the government's transparency. THE ASSOCIATED PRESS

A wife puts a hit on her husband, but still gets half of everything in the divorce. What's wrong with this picture?
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Tales of horror from Uzbek refugees

KYRGYZSTAN Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer yesterday for her dead husband.

She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins. She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago as Moscow lost its grip on the former Soviet republic in Central Asia.

Officials said 138 people were killed and nearly 1,800 wounded since the violence began last week, but an Uzbek community leader said at least 200 Uzbeks had already been buried, and many bodies had not been recovered from charred homes and businesses.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the elderly. They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border. Aid workers said many had suffered gunshot wounds. THE ASSOCIATED PRESS

Thai judge gives police 3 days to probe detention
A Thai judge gave police yesterday three more days to investigate two foreigners detained nearly a month for allegedly violating an emergency decree during bloody, anti-government protests. Briton Jeff Savage and Australian Conor Purcell are being held for their alleged roles in street clashes. THE ASSOCIATED PRESS

Obama, BP nearing deal

Fund for oil damage victims coming as president tours Gulf again

U.S. President Barack Obama assured Gulf residents and businesses yesterday the region's beaches will be restored to their "pristine condition," promising the full force of his government to require BP to quickly pay damage claims.

Obama also told the country that seafood from the region remained safe and implored tourists not to cancel visits to the Gulf coast where many of the famous white beaches remain untouched.

But oil from the blown out BP well is spoiling significant parts of the shoreline and already has penetrated into critical marshlands, threatening breeding grounds for wildlife, waterfowl and sea creatures — in particular shrimp and oysters.

"I can't promise folks here in Theordore or across the Gulf that this oil will be cleaned up overnight," the president said. Yet he offered assurances that the "full resources of our government are being mobilized to confront this disaster."

Shortly before he began his tour of the region, spokesman Bill Burton told reporters with the president that the administration and BP were "working out the particulars" of Obama's demand that the oil giant set up a multibillion-dollar, independently run damage fund.

Burton said the account would be in the hands of a third-party and would amount to "billions of dollars."

"We're confident that this is a critical way in which we're going to be able to help individuals and businesses in the Gulf area become whole again," he said.

On his fourth visit to the region, Obama was determined to assert leadership in face of the calamity, with the White House showing the president using all the power available to him to stem the continuing flood of oil into the Gulf and extract compensation from BP for victims of the tragedy.

As the damaged well continues spilling millions of litres of crude oil from its rupture about 1.5 kilometre below the surface, Obama has taken a hit in the polls.

Dealing with the catastrophe has also forced him to spend huge amounts of time on the crisis, cutting severely into his schedule, including cancelling a trip to Asia and Australia, and threatening his legislative agenda on issues like financial overhaul, climate change and immigration reform.

Obama's first stop yesterday was a briefing at a U.S. Coast Guard station here on Mississippi's coast, where he said that the two days in the region would help him prepare for tomorrow's showdown with BP. In particular, Obama said there continues to be problems with claims for damages and with effective co-ordination.

"We're gathering up facts, stories, right now so that we have an absolutely clear understanding about how we can best present to BP the need to make sure that individuals and businesses are dealt with in a fair manner and a prompt manner," the president said.

THE ASSOCIATED PRESS

Oval Office address tonight

- Obama's latest two-day visit to Mississippi, Alabama and Florida precedes his first-ever Oval Office address on national television tonight and his first face-to-face meetings with BP executives tomorrow.

Northern Ireland **Belated report**

PETER MORRISON/THE ASSOCIATED PRESS

Children play in front of a mural of shooting victim Jackie Duddy during Bloody Sunday, 1972, in Londonderry, Northern Ireland, yesterday. The 1972 atrocity where British soldiers gunned down 13 Catholic demonstrators in bitterly disputed circumstances, faces a moment of truth today when a 5,000-page, $290-million US report is finally unveiled.

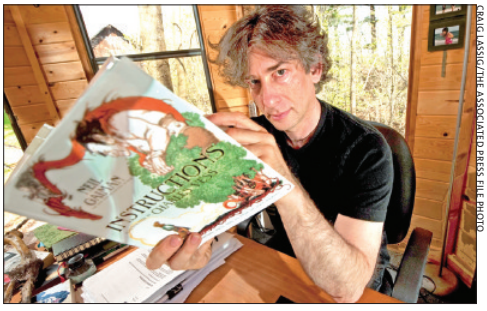
Veils banned in public buildings

SPAIN Barcelona said yesterday it will ban face-covering Islamic veils in municipal buildings, the latest Spanish city hall to crack down on the use of such garments in public, as much of Europe considers following suit. Mayor Jordi Hereu insisted the measure was not specifically anti-religious, saying it was aimed at all dress that impeded identification and included motorcycle helmets and ski masks. "You can't enter a town hall office and not be able to be identified," he said. "In no way does it target religious belief." The ban would also hold in public kindergartens, music schools, social services offices and public markets. THE ASSOCIATED PRESS

Comic book titans battle it out in court

WISCONSIN An epic battle between comic book titans will be continued as a judge struggles to decide whether Canadian artist Todd McFarlane owes author Neil Gaiman for three characters in the classic Spawn series about a murdered CIA agent who becomes a demon.

U.S. District Judge Barbara Crabb heard yesterday from Gaiman, McFarlane and comic book author Brian Holguin but did not rule on Gaiman's claim that he is owed royalties from three characters — the demon Dark Ages Spawn and two scantily clad female angels. The judge gave both sides until June 25 to submit additional arguments.



CRAIG LASSIG/THE ASSOCIATED PRESS FILE PHOTO

Best-selling author Neil Gaiman, 49, in his home in Wisconsin.

Gaiman testified yesterday that he believes Dark Ages Spawn was essentially a copy of Medieval Spawn, a character he created in the ninth issue of the Spawn series in 1993. He also said the angels known as Domina and Tiffany were copies of the red-haired Angela, a character who also debuted in Spawn No. 9.

A jury found in 2002 that Gaiman was due money for being a co-copyright holder for Medieval Spawn and Angela as well as a character named Cogliostro, a one-time Spawn ally. Over the past eight years Gaiman and McFarlane have tried, unsuccessfully, to determine how much money Gaiman should get based on those three characters. Adding three more to the mix would mean even more money for Gaiman.

McFarlane created Spawn in 1992 for a startup comic book company, Image Comics. The series has been successful with action figures, an Emmy-winning HBO series and a 1997 movie that grossed $87 million US worldwide.

THE ASSOCIATED PRESS

News in brief

HUMAN TRAFFICKING The United States yesterday warned more than a dozen states, including Iran, North Korea, Cuba and Myanmar, of possible sanctions for failing to do enough to fight human trafficking. The State Department's 10th annual review of global efforts to eliminate the trade in human beings and sexual slavery put 13 countries on notice that they are not complying with minimum international standards and could face U.S. penalties. Other nations receiving a failing grade were Congo, the Dominican Republic, Eritrea, Kuwait, Mauritania, Papua New Guinea, Saudi Arabia, Sudan and Zimbabwe. Another 58 countries were placed on a "watch list" that could lead to sanctions unless their records improve.

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Comment

Cancer's close-knit community

Lance Armstrong

As I packed my bags for the Tour de France, I included a necklace that I've worn every Tour since 1999. It reminds me of a friend who helped me beat cancer and start my true mission in life — the fight against this disease.

In January 1997, Stacy Pounds helped me launch my foundation, just as I was completing my own cancer treatment. That same month, Stacy, a heavy smoker, was diagnosed with incurable lung cancer.

All of us who knew her were devastated. My mother gave me two crucifixes. I wore one and gave the other to Stacy. I said, "This is going to be our bond. You wear it when you're being treated or whenever you want. And I'll wear mine forever." We wore them as symbols of our cancer kinship.

Stacy deteriorated quickly. The doctor told us she only had a matter of weeks to live.

Stacy's son, Paul, was a sailor serving with the U.S. navy at sea. We called Charles Boyd, the only four-star general I knew, for help in getting Paul home to see his mother. "Lance," he said, "I lost my wife two years ago to cancer. I'll see what I can do." The next day, Paul was on his way home. That's what the term "cancer community" means.

At the same time, Stacy went into a nursing home. "I'm in pain and the nurses don't bring me my pain medicine," she said. We took her home and hired a full-time hospice nurse to take care of her.

Her son arrived and Stacy spent her remaining days at home with him. On Oct. 2, 1997, I celebrated the one-year anniversary of my cancer diagnosis. On Oct. 3, 1997, Stacy died. She was buried with her cross.

When the Tour starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today.

Lance Armstrong has won the Tour de France a record seven times. He's the founder of cancer support organization Livestrong.

Views

Warning: Don't lose face over Facebook

InStep
Christine Williams

Summer months are upon us with revellers out in full swing. Pictures get taken, then enthusiastically posted on Facebook to proudly share the carousals with other friends.

Facebook is a cogent social-building network, but this club isn't exclusive. It's not only friends that are privy to lewd postings. It could be your employer. But this is only one scenario. There are many others, which demonstrate that people can be under the false impression of being entitled to do as they please when it comes to their private life without consequences.

The operative word is "private." Facebook is not private even though it may feel that way. As a result, you may find out the hard way by getting fired, having your reputation for future employment tarnished; and if your case makes the news, you're now a hit item when Googled.

Some cases include:

A few weeks ago, a North Carolina waitress working at a pizza joint ranted on Facebook about a couple of bad tippers who stayed for three hours, forcing her to remain long past the end of her shift. The 22-year-old wrote on Facebook afterwards: "Thanks for eating at Brixx ... you cheap piece of s—camper." Her boss cited the company policy about criticizing customers when he called her in. He also pointed out that she had cast the restaurant in a negative light.

In another recent case, a 29-year-old Quebec woman on long-term sick leave from IBM was reported to be fighting to have her disability benefits reinstated after her employer's insurance company cut them because of photos she posted on Facebook. She was diagnosed with depression. Photos posted on Facebook included her living it up at a bar show, her birthday party and on a sun holiday. This was taken to be evidence that she was no longer depressed.

These are a few cases that represent a growing number where technology is becoming more detrimental, yet we can't blame it. Technology is a prodigious asset when used with common sense and decorum.

This summer and beyond, a word to the wise: Beware about destroying your face with Facebook. With the click of a button, virtually anyone can find out anything from your sexual preference to exactly what you've been up to on a hot weekend — and more companies are snooping.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

MICHAEL DE ADDER

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Microsoft controller takes voice commands
Microsoft hopes its new video game controller, Kinect, will appeal to families ready to graduate from the Wii. Kinect recognizes users' gestures and voice. This means they can say "pause" or "play" instead of reaching for the remote when watching a movie, and they can play video games without a controller. THE ASSOCIATED PRESS

Business

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US 0.12¢	US 22.5¢	US $1.34	0.42

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ready or not, digital is coming, says CRTC

The Canadian TV industry faces a crisis if long-overdue preparations for the switch to digital TV don't begin soon, the head of the Canadian Radio-television and Telecommunications Commission said yesterday in a strongly worded speech.

"My great concern is that the industry will not be ready," CRTC chairman Konrad von Finckenstein told a breakfast gathering of producers, broadcasters and content creators at the Banff World Television Festival.

"There will be requests for delays, we will have a crisis on our hands. It must not be allowed to happen."

The federal government wants digital signals to be converted from analog in August 2011, but Finckenstein suggested a trial run begin as early as April 2011 in Winnipeg and Quebec City.

He pointed to the painful transition south of the border in June 2009, when the U.S. made the switch. More than $1.5 billion US was spent on subsidies to help consumers pay for converter boxes.

Finckenstein urged cable and satellite providers to mount a widespread consumer education campaign in Canada. He warned of a widespread backlash if people who currently pay nothing for TV are suddenly forced to invest in cable or satellite signals.

THE CANADIAN PRESS

End of free TV?

- An estimated 900,000 Canadian households that rely on antennas don't have televisions equipped to receive new digital signals. About another 44,000 won't have access to TV content at all unless they invest in a satellite dish.

Paris **Missiles for sale**

MICHEL EULER/THE ASSOCIATED PRESS

Visitors look at Israel's Rafeal air, sea and land advance defence systems, at the Eurosatory defence trade fairs, in Villepinte, outside Paris, yesterday. China is exhibiting for the first time at Eurosatory, one of Europe's largest defence trade fairs, as it seeks to tap new markets for tanks and military equipment.

Recovery looks stalled

ECONOMY The global economic recovery may be disappearing as quickly as it appeared.

After a few heady months of encouraging, and at times giddy, news suggesting the recovery that began last fall was going V — describing a sharp drop followed by an equally sharp upturn — the evidence now is all the other way.

The fast pace of growth seen in the last three months of 2009 and first quarter of this year appears to have stalled in important areas such as employment, housing, exports, car sales and, at least in the United States, retail sales.

All of this will have major implications on the script for government leaders meeting in Toronto later this month at the Group of 20 summit, say analysts.

Most governments are agreed the time has come to declare victory over the recession and prepare for fiscal restraint to rein in runaway deficits.

But that assumption is increasingly being called into question.

THE CANADIAN PRESS

EU businesses warn their leaders to tread lightly amid debt crisis and plunging euro.

Scan this code for the story.

Learn how to scan on the Local page.

Creditors back Canwest sale

MEDIA Canwest Global Communications says its creditors have given the green light to a plan that will allow its newspaper division to emerge from restructuring and be sold to a group of investors.

The media company's unsecured creditors met in Toronto and voted overwhelmingly for the plan, Canwest said. In the vote 97.36 per cent of the votes cast were in favour.

That clears a major hurdle to sell the papers to a group of investors led by Paul Godfrey, the president and CEO of its flagship National Post newspaper. Under the deal, the investors will purchase a stable of papers including the Post, the Montreal Gazette, Vancouver Sun and Ottawa Citizen. THE CANADIAN PRESS

Telecoms feel the squeeze

$1.3B The Conference Board said profits in the computer systems design industry, which includes software and website developers, are expected to slip to $1.3 billion this year, the third consecutive annual decline, due to rising costs, even though revenues will likely improve.

WIRELESS The telecom sector will take it on the chin this year as increased competition from new wireless carriers forces some companies to slash mobile phone pricing even as their costs increase, the Conference Board of Canada predicts.

An industry outlook report from the think-tank released yesterday says that profits for telecommunications companies will weaken to $6.7 billion this year. That's down from a $7-billion profit reported last year.

Major providers like Rogers, Bell and Telus are contending with a rush of new entrants including Globalive's Wind Mobile and Public Mobile.

"Competition will limit price increases for both telecoms and computer services firms," said Conference Board economist Maxim Armstrong in a release.

"New entrants into the Canadian wireless market are also forcing telephone service providers to control escalating costs and make investments in new technologies."

The Big Three providers had anticipated the heightened competition and invested in their infrastructure and slashed billing prices before the new entrants came to the market.

The Conference Board says it expects overall costs to grow by five per cent this year due to higher interest rates and increased wages.

In a separate report yesterday the think-tank highlighted the rising costs also facing the computer systems design industry, which includes software and website developers.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Setting up a business

AlisonOnMoney

Alison Griffiths
griffiths.alison@gmail.com

ALISON'S MONEY RULE
Turn a great idea into a great business by taking care of business before you open your doors.

Summer is the season of possibilities. When everything is green and growing thoughts turn to nurturing that big, brilliant, business idea of yours. Here are some steps to take that will help you structure the process which can be a bit overwhelming.

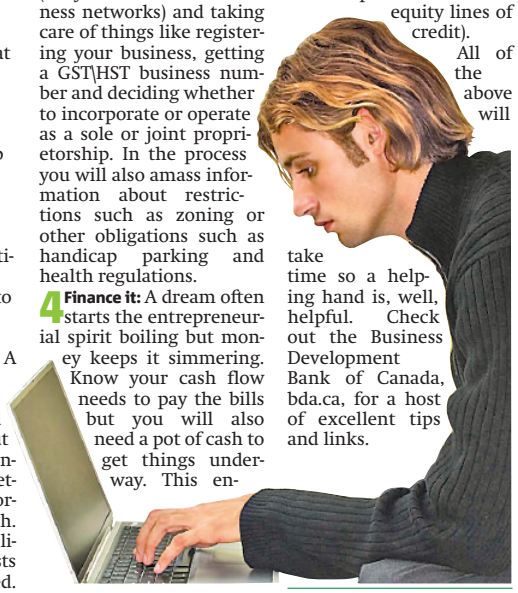
1 Assess yours: OK, you've got talent and a great concept. But are you entrepreneur material? Do you have these signs of the entrepreneurial gene?

a) A need for achievement
b) The desire to influence others
c) A love of autonomy at work
d) Self-assurance
e) A strong work ethic
f) A high action drive
g) The strength to keep leaping tall buildings when taller ones keep popping up.
h) Creativity
i) Ego and competitiveness.
j) The ability to rebound from failure.

2 Make a plan: A business plan sketches out the idea and gets specific about how to develop it. Included should be marketing strategies and thorough market research. There's no point in duplicating what already exists or what has already failed.

3 Build your profile: This step involves coming up with a name, an online identity, a support group (lawyer, accountant, business networks) and taking care of things like registering your business, getting a GST\HST business number and deciding whether to incorporate or operate as a sole or joint proprietorship. In the process you will also amass information about restrictions such as zoning or other obligations such as handicap parking and health regulations.

4 Finance it: A dream often starts the entrepreneurial spirit boiling but money keeps it simmering. Know your cash flow needs to pay the bills but you will also need a pot of cash to get things underway. This entails visits to banks and other lenders to determine if you qualify (new businesses will likely have to lean on personal or home equity lines of credit).



All of the above will take time so a helping hand is, well, helpful. Check out the Business Development Bank of Canada, bda.ca, for a host of excellent tips and links.

Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30 p.m. alisongriffiths.ca

A secret the taxman just won't tell you

Want to know a secret? There's another tax-free way to save for retirement that the taxman doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

David Quinton, regional sales manager of individual insurance with Desjardins Financial Security explains:

What makes this product special? It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. It is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

So how does it work? The individual designs the portfolio based on his or her personal and/or family priorities. The person may choose from a variety of insurances including term, whole life and/or critical illness. The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

How does this product shield me from paying taxes? Basically, the taxes are deferred. Let's do a comparison. During your retirement, if you were to withdraw from your RRSP, you are required to pay tax at source. However, withdrawals from a universal policy are taxed differently. If you take out money, you could end up not paying any tax at all depending on how you arrange your withdrawals. If you assigned beneficiaries to your RRSP account, your beneficiaries would not receive the full RRSP amount because it would be taxed at source. However, beneficiaries would receive the entire insurance payout tax-free. NEWS CANADA

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Olympics pg6

Champion stay-at-home dad

metro®

UESDAY, JUNE 15, 2010 metronews.ca

Gift Guide pg4

Great gift ideas for dad

A salute to Canadian dads

P&G We think Canadian dads are superheroes – and we bet you do too. So Metro is pleased to partner with Procter and Gamble to bring you this celebration of Canadian dads, complete with words of wisdom, inspired gift ideas and heartfelt musings on the meaning of fatherhood.

From us to you: a salute to all the men who have made a difference in your life – your dad, stepdad, granddad, uncle or big brother!

Happy Father's Day.

Top TV Dads pg 3

Take a look at TV's zaniest fathers of the past 25 years

Celebrating Father's Day

It's time spent together that really counts

Tickets to the Stanley Cup final? A Porsche for the day or golf and a steak dinner?

Many dads say it's much simpler than that.

For Doug Davis, 52, runny eggs and burnt toast do the trick. "My kids would trip all over each other running upstairs with the breakfast they made," the Aurora, Ontario dad recalls. "They'd wait for me to take the first bite, anticipation on their faces as if they'd done something magnificent – which they had. Then they'd hand me their homemade cards. Those special moments in life bind you."

Shelley Cinnamon makes the day special for her dad in Edmonton with simple conversation. "He's 92 and has dementia," she says. "We get him talking about growing up on his Saskatchewan farm. I find out how Dad became Dad… and how he got the values and beliefs that he passed on to me."

Karen McLennan's dad passed away at 53, but she has fond memories as a little girl, caddying a Father's Day golf game in Toronto and talking about "everything under the sun".

One special year, Maureen Barrett biked with her father to a strawberry patch in rural Ontario. But they got lost taking a shortcut home and "the strawberries were mush and dripping all over when we finally got there. We laughed about it for years."

Dr. Zane Zarzour, of Victoria B.C., will always remember the Father's Day he was 12 and won a gift for his dad. He'd had a running wager with the neighbour: if he beat the man at basketball, Zane would get tickets to a baseball game; if he lost, he'd have to do the man's chores. Of course he always lost, and got stuck cutting his grass and cleaning out the garage. "One day, I finally beat him, and I got to treat Dad to a game. I was incredibly proud."

Anne Stuart, 78, remembers a different kind of Father's Day. Her dad took immense pride in the flowers he planted on a boulevard in Stratford, Ontario. It was town land, but he'd made it his garden, watering with a tin can every night. Anne marked a recent Father's Day by having a stone marker placed on the still-blossoming garden, its words recalling a man who poured his heart into a patch of ground. "It's like there's a bit of my father still there."

KIM ZARZOUR

Parental leave

- In 2007, 27% of eligible men filed for parental leave benefits compared to 3% in 2001. Much of the increase took place in Quebec where fathers can take five weeks of leave, which cannot be transferred to the mother. In Quebec, 56% of fathers took paid parental leave in 2006. In the rest of Canada the rate was 10%.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Father's Day is 100 years old

ORIGIN Barbecue aprons and garden tools, computer bags and golf shirts seem to be what Father's Day is all about. Actually, Father's Day is 100 years old this year – and 1910 was long before BBQs and computers.

The Father's Day idea took root in 1909 in Spokane, Washington. Sonora Smart Dodd, listening in church to a sermon about Mother's Day, felt that fathers needed recognition as well – not surprising since her own dad, William Smart, a Civil War veteran, raised his family alone after his wife died giving birth to their sixth child. Dodd's ministry liked her idea and on June 19, 1910, the first Father's Day was celebrated. Now 56 countries celebrate dads on the third Sunday in June.

David Schatzky, a Toronto therapist, says fathers have more than earned their day of celebration. Schatzky notes that fathers are much more involved both practically and emotionally in their children's lives than they once were. And dads want that involvement.

"Fathers are feeling that one of the payoffs of being involved in the lives of their children is the emotional satisfaction it brings." It's a winning combination. "Fathers who show appreciation and support," says Schatzky, "give children confidence and a sense of security." And that's worth celebrating.

GILDA SWARTZ

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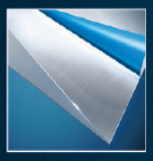

Gillette® Fusion® ProGlide™ has re-engineered blades with edges that are thinner than Gillette® Fusion.® They're finished with Gillette's most advanced low-resistance coating which allows the blades to glide effortlessly through hair. Together, that means less tug and pull on hair versus Gillette® Fusion.® It's an incredibly comfortable shave, even if you shave every day.

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[2]Compared to Fusion.® [3]Of consumers with a preference.

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Dads and housework

In 1986, the average mother did 2.2 hours more housework per day than fathers (3.3 vs. 1.1 hours).
In 2005, the difference had decreased to 1.3 hours (2.8 vs. 1.5 hours). **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Trendwatch

Beyond the shower and shave

These days, more and more men are spending time, energy and money on the sort of look good strategies women have always considered essential: a good hair cut and colour, age-defying skin care and the occasional trip to the spa.

"Men are definitely playing more with their appearance," says Greg May of Greg May Hair Architects, Toronto. "It's not like they just shave every day and that's it."

Today's hip haircut is a classic 1940s Cary Grant style with a deep side part or hair combed right back, says May. He also gets requests for loose texturing, side-swept fringes, "under cutting" with hair cut shorter underneath, and as summer approaches, more military cuts.

Men have been colouring their locks to disguise the gray for some time, but a new trend, even among young guys, is silver hair. "It could be a throw-back to the 1980s Billy Idol platinum blonde look," says May. Instead of highlights, men are opting for hair painting, a technique that uses a brush to paint on a lightener and requires no heat or foils. "It makes a man look sun-kissed, like he's been to Cuba for a week," notes May.

As for facial hair, men are experimenting with goatees (traditionally just hair on the chin). "They may shave off the moustache and just keep that soul patch (the strip of hair under the bottom lip), maybe with a little beard underneath," says May. They're also more conscious of their sideburns, adds May. "Guys are starting to realize that cutting sideburns on a downward angle actually lengthens the face."

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging."
Greg May, Greg May Hair Architects

Hair isn't men's only esthetic priority; skin care is high on their list too. At first, a guy may have to be dragged into the spa - often for a facial just before his wedding, says Alana Jestadt, manager of Pure+Simple, a spa in Toronto's Yorkville.

But these men often return on their own for facials, blackhead extractions, massages, masks, brow waxing, and IPL (intense pulsed light) treatments to remove chest and back hair, she says.

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging, so they end up buying unscented products like shaving cream, cleansers, toners and serums," says Jestadt. "It makes them look and feel better."

PAULINE ANDERSON

TV WISE GUYS

TV Looking for some pantheons of paternity to light the way this Father's day? Here are five of television's zaniest fathers of the past 25 years with their pearls of wisdom:

1 Dr. Heathcliff Huxtable, The Cosby Show (1984-1992)

"I am your father. I brought you into this world, and I will take you out!"

2 Dan Conner, Roseanne (1988-1997)

"Hey, if you don't finish your crud, you're not going to get any crap for dessert."

3 Homer Simpson, The Simpsons (1989-Present)

"Kids, you tried your best and you failed miserably. The lesson is: Never try."

4 Red Foreman, That '70s Show (1998-2008)

"Son... there's something you should know... you're an idiot."

5 Bernie McCullough, The Bernie Mac Show (2001-2006)

"I would like to give these kids a good home. In fact, there's one a few miles away from here..."

Baby ... oh baby!

- 55% of fathers take time off from work around the time their children are born - 21% use vacation days and 11% take unpaid leave.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Lessons from my father

LESSON My father was an expert in electron microscopy and was used to probing the secrets of the very, very small. If a family discussion became heated, he would roll up a magazine and observe the speakers, as if through a microscope. It was his way of gaining perspective. It also had the effect of stopping any argument.

And it taught me that what you see is often not what you get.

Atoms didn't really look like the drawings in the text book he told me. More like swarms of bees maybe. "What colour? We don't really know. Let's say red and white." For years I lived with a mental picture of atoms as swarms of red and white bees. Who knows? Maybe they are.

He speculated that many of the world's ills came from not seeing clearly. "We're all the blind men with the elephant. We don't see the whole, or we get the wrong perspective." He had a pocket microscope, which he often used. "Look at this fly," he said, passing me the microscope. "A hideous monster, right? See one crawling up your window and it's just a little black dot. So which is the real fly?"

Once, in the country, he turned us loose at the edge of a beautiful green field. We began to run across it – and blundered into a minefield of fresh cow pies. When we came back, smelly and bespattered, he just grinned. Things aren't always what they seem.

By the time digital cameras came out, he was retired. The camera was the perfect toy. He could take as many pictures as he wanted, and play endlessly with the images. His best effort was an image of the prime minister against a background of short brown hair. "A double horse's behind," he explained proudly.

CHRIS ATACK

%

of new fathers by age (Canadian fathers with at least one child under age two and no children over age five)

- 15 - 19 1%
- 20 - 29 30%
- 30 - 39 59%
- 40 - 49 9%
- 50 - 64 1%

FATHER INVOLVEMENT RESEARCH ALLIANCE

father's day **flowers**

SIERRAFLOWERFINDER.COM

When giving flowers to a man, says Louise Gadoury at sierraflower.com, we usually go for big, bold exotics. The pictured Redondo bouquet is a popular gift for dads and features Birds of Paradise too.

Involved dads

The number of fathers reporting daily participation in child care rose from 57% in 1986 to 73% in 2005.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Dad's Gift Guide

Gifts of time, leisure and style for dad, stepdad or grandad.

1 BBQ fork with digital temperature reader
Maverick, $14.99; Canadian Tire, canadiantire.ca

2 Straw hats
Goorin, $60 to $75 each; Harry Rosen

3 Retro-proud twill CBC Thunderbolt Radio-Canada Tech Kit Bag
Red Canoe, $129; redcanoebrands.com

4 Fyrkat Portable BBQ
Bodum, $59.95, and co-ordinating tongs, flipper, grill brush, $19.95 each; Sears

5 Samsung PL 100 digital camera
makes for perfect buddy self-snapshots every time; $249, samsung.com

6 Dual-pocket travel kit and accessories
Upper Canada, $30, uppercanadasoap.com

7 Sterling silver moneyclips
Engraved $165, or T & Co. 1837 $150; both Tiffany & Co., tiffany.ca

8 Slip-on deck shoes
Joe Fresh, $19; joe.ca

9 Pronto Large Gear Clock
$59.99; Indigo Books & Music

10 Polo shirt
$14; Joe Fresh, joe.ca

11 Legendary Eagle watch
Swatch, $135; swatch.com for retailers

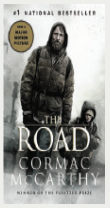
12 Flight Clock
$59; Indigo Books & Music

13 Apple iPad
serves as a keyboard-less laptop as well as a platform for high-def movies, books, games, work documents and more, from $549; apple.com

Books for Dad

Give the gift of a great read from this fab-four Father's Day list.

Sh*t My Dad Says
By Justin Halpern. Harper Collins Publishers Ltd., $17.99. Halpern's hilarious book, based on his popular Twitter feed, chronicles clever, blunt and sometimes raunchy, words of wisdom from his dad.



The Road
By Cormac McCarthy. Alfred A. Knopf, $24. In this post-apocalyptic thriller, a father and young son, alert for bands of savage men, search for the sea. Their love keeps the pair from despair. Bleak and brilliant.

The Film Club: A True Story of a Father and a Son
By David Gilmour Thomas. Allen Publishers, $27.95. When 15-year-old Jesse Gilmour wanted to quit school, David, a former film critic, had one proviso: that Jesse watch three films a week with him. Discover what developed between the two.

The world is a Ball: The Joy, Madness, and Meaning of Soccer
By John Doyle. Doubleday Canada, $29.95. This travelogue and world-cup primer analyzes the history, politics and passion of the planet's most popular game.

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Stay-at-home dads

In 2008 10% of families with a stay-home parent had a father at home, compared to 4% in 1986 and 1% in 1976. **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Like Father ... Like Daughter

5 women who followed in their fathers' footsteps

1 Melanie Hindle, 35, grew up in Jasper National Park watching her dad, Murray, the park's warden, patrol the back country on horseback while dealing with bears, forest fires, and stranded people. After completing a science degree and honing her own outdoor skills, she became a resource management and public safety specialist, like her dad, at Manitoba's Riding Mountain National Park.

Grace Cullen inherited her father's love and talent for rowing.

2 Ski cross Olympian 21-year-old Julia Murray just competed at the Vancouver Winter Olympics. She lost her father, Olympic downhill ski racer Dave Murray, when she was just two but she is keenly aware of his presence thanks to old racing videos, a training hill at Whistler that's named after him, and countless people who tell her how much she skis like him. To steady her nerves on race day, Julia takes a deep breath, looks up, and says 'Hi Dad'.

3 We all want to look up to our dads, but 38-year-old pharmacist Lisa Simpson has the privilege of having a whole town look up to hers. Ask anyone in Virgil, Ont., she says, and they'll tell you that Ward Simpson "is the nicest man around... who wouldn't want to emulate that?" Lisa says he was secretly hoping she'd follow in his footsteps, and the day she was accepted into pharmacy "was extremely emotional for him".

4 Coletta Huber is a 46-year-old hairdresser who started working with her father 31 years ago. The first five years were "sheer hell, while he taught me everything he knew." But now they're friends. Working together at Hairs In Place in Ajax, Ont., has put Coletta on more equal footing. "I'm brutally honest and stand my ground. He respects that."

Grace and Michael Cullen

5 Michael Cullen's 21-year-old daughter Grace inherited his love and ability for rowing. He rowed for Canada's national team in the 1980s and today, the Trent University student has aspirations to be on the national team one day. "The first time she came alongside me on the river, it was 5 a.m., quiet, and beautiful. There I was doing what I love to do, and now, my daughter is doing it too. That is deeply satisfying."

PAULINE ANDERSON

Confessions of a stay-at-home dad

OLYMPICS "I probably cook five dinners a week," says Jeff Pain, 39, of Calgary. "I don't love cooking, but I do love being home and eating dinner with my kids every day. That's why I do it." The married dad cleans countertops too – and handles the family's gardening. When his young sons, Kyle and Thomas, are home from school, Jeff is the parent they run to when they want a snack or cut their finger. Then there's the house to-do list: a door to fix, pictures to hang, letters to write.

"There's so much to do when you get home from the Olympics." For Pain, the 2010 Winter Games in Vancouver was another chance to compete for gold in skeleton, his high-speed sport of choice.

But the real challenge was balancing sport with a healthy home life. And that's happening too. While he mans the homefront and gets oversees the boys' daytime activities, his wife Aly, an Executive Team Coach, is pushing her career to the next level.

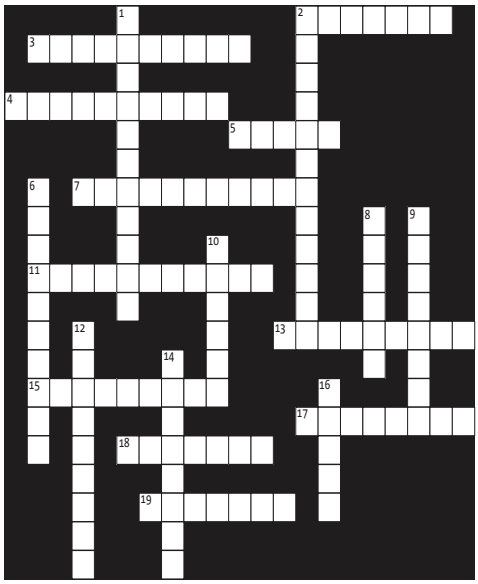
If he's lost anything as a stay-at-home dad, Jeff says it's the sense of team and companionship he once had. But like many of the dads he meets when he picks up his sons from their Montessori program, Jeff has entrepreneurial plans. He intends to help clients find a successful work-life balance of their own.

For now he'll continue being a champion stay-at-home dad. It's another winning formula for the Pains.

CHRIS EDWARDS

Aly and Jeff Pain share the fruits of their hard work: Jeff's silver medal, won in skeleton at the 2006 Olympic Winter Games.

Famous Father's Crossword



ACROSS

2 This Jerry was George's father on Seinfeld and Ben's father in real life

3 This Fred was a member of the Loyal Order of Water Buffaloes

4 He won't be winning the Empire's Best Dad award any time soon (2 words)

5 Atticus ____ was the widowed hero of the 1960 novel To Kill a Mockingbird

7 He played the adoptive father in the 1999 film Big Daddy (2 words)

11 Dan Castellaneta is the voice of the animated dad on this show (2 words)

13 Paul Reiser and Greg Evigan starred on this NBC sitcom from 1987 to 1990 (3 words)

15 This was Mike Brady's profession on The Brady Bunch

17 This Shakespearean drama depicts a father's troubling relationship with his three daughters (2 words)

18 Martin Sheen is the father of Charlie Sheen and Emilio ____

19 This song was written by one Beatle to comfort another Beatle's son during his parents' divorce (2 words)

DOWN

1 He played the father in the 1991 film Father of the Bride (2 words)

2 He played the father in the 1951 film Father of the Bride (2 words)

6 Father Christmas is also known by this two-word moniker

8 Father and daughter celebs John and Anjelica ____ have both won Oscars

9 Bill Cosby was the patriarch of this clan on The Cosby Show

10 Jon ____ is the estranged father of Angelina Jolie

12 This Fred played the guy who had three sons

14 Archie Bunker has this pet name for his son-in-law on All in the Family

16 A. A. ____ based Winnie the Pooh's pal Christopher Robin on his own son

For answeres to this crossword visit: metronews.ca/dad

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Beckham remains highest-paid MLS player

Injured David Beckham is still the highest-paid player in Major League Soccer while Toronto midfielder Julian de Guzman is fourth on a list released by the players union. Beckham tops the league at $6.5 million US in guaranteed compensation this year while de Guzman earns $1.72 million. THE ASSOCIATED PRESS

Sports

Young apologizes for fight

Vince Young, left, has apologized to the Tennessee Titans, his teammates, family and fans for his role in a fight at a Dallas strip club. The quarterback says he made a mistake being at the club. Video footage released by Dallas police show the quarterback and several people talking in a small room before Young attacked someone there. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Last stand for Lakers

(Boston leads series 3-2)

Celtics at Lakers

Down 3-2 in the NBA finals against an old foe that keeps finding new ways to beat them, the Los Angeles Lakers are going to need a big Hollywood ending to escape this jam with another championship.

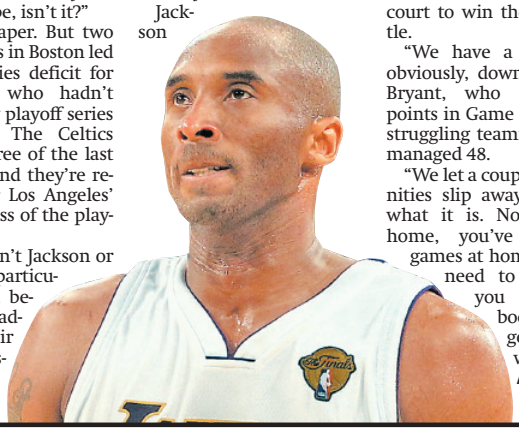
That's exactly where they will make their last stand against the Boston Celtics.

Game 6 is back home tonight at Staples Center, where the Lakers are 9-1 in the post-season, with everybody from Kobe Bryant to the Lakers' bedraggled bench playing with much more passion and confidence.

"If you look at it, they've come home and carried the 3-2 lead back," Lakers coach Phil Jackson said. "It's basically home court, home court. Now we're going back to home court to win it. That's the way it's supposed to be, isn't it?"

Sure, on paper. But two straight losses in Boston led to a dire series deficit for the Lakers, who hadn't trailed in any playoff series this season. The Celtics have won three of the last four games and they're responsible for Los Angeles' only home loss of the playoffs.

So why didn't Jackson or Bryant seem particularly worried before they headed out on their final cross-country flight of the post-season? Throughout a trying season filled with injuries and big-game setbacks since a Christmas Day loss to Cleveland, the Lakers have always been able to rise when they absolutely needed to do it.



Kobe Bryant

Jackson even described the Lakers' locker room as "spirited" after losing Game 5 in their lowest-scoring performance of the post-season in the 92-86 loss. For all their struggles in Boston, the Lakers realize they only have to defend their home court to win their 16th title.

"We have a challenge, obviously, down 3-2," said Bryant, who scored 38 points in Game 5 while his struggling teammates only managed 48.

"We let a couple opportunities slip away, but it is what it is. Now you go home, you've got two games at home that you need to win, and you pull your boots up and get to work." THE ASSOCIATED PRESS

Sports in brief

NHL San Jose Sharks captain Rob Blake is retiring from the NHL after a 20-year career as one of the league's top defencemen. Blake will make the retirement official at a news conference Friday, a person with knowledge of his plans told The Associated Press. Blake had 240 goals and 537 assists in his career with Los Angeles, Colorado and San Jose.

AHL Defenceman Patrick McNeill scored a pair of goals and the Hershey Bears defended their American Hockey League championship with a 4-0 win over the Texas Stars last night. Hershey won the Calder Cup final 4-2. Game 6 was the only game in the series won by the home team.

NHL The Toronto Maple Leafs are putting the C on defenceman Dion Phaneuf. He had 10 points in 26 games with the Leafs last season. The 25-year-old Phaneuf was acquired last January in a blockbuster deal with the Calgary Flames. Toronto hasn't had a captain since Mats Sundin left the team in the summer of 2008. METRO NEWS SERVICES

SCOREBOARD

NBA

TODAY'S

Boston at L.A. Lakers, 9 p.m. (Boston leads series 3-2)

BASEBALL

YESTERDAY'S INTERLEAGUE RESULTS

St. Louis 9 Seattle 3
Milwaukee at L.A. Angels
Toronto at San Diego
Baltimore at San Francisco

Scan this code or text SPORTS to 82442 for more sports.
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Saints confident Bush won't be distracted

REPORT Unopened boxes were piled in Reggie Bush's locker. A football commemorating the New Orleans Saints' NFC title game triumph rested on a top shelf.

One shelf below, obscured behind bottles of body wash and sports drink, was a white cap with red trim on the bill and "Trojans" written in gold across the front.

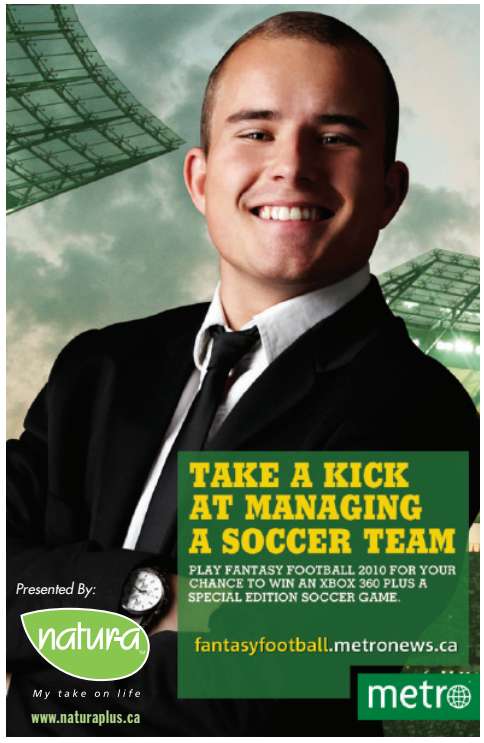
That is where the Saints expect Bush's USC controversy to stay — in the background.

"A lot of it for us is, I don't want to say old news ... but that news for him has really been kind of existent already," Saints coach Sean Payton said, alluding to how the NCAA probe of Bush's relationships with marketing agents while he was at Southern Cal has loomed over the star running back since his first pro season.

"It's something that has really taken place for us and for him years ago," Payton continued. "He's going into his fifth year now and his focus is squarely on us being successful and him being the best player he can be. I don't see it being a big distraction."

Payton spoke after a voluntary off-season practice yesterday that would have offered Bush a chance to finally discuss an NCAA report that has sullied his reputation and resulted in sanctions for USC.

Bush didn't show, but Payton said he notified the team he would be absent and hoped to return for practices scheduled later this week. THE ASSOCIATED PRESS



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Zidane slams French coach

Former France captain Zinedine Zidane says Raymond Domenech "is not a coach" and that "there is no teamwork" among the French players at the World Cup. France drew its opening group game 0-0 against Uruguay, and Zidane sees little hope for improvement. THE ASSOCIATED PRESS

World Cup

Horns defended

FIFA president Sepp Blatter has defended South African fans' right to blow their vuvuzela horns at World Cup matches despite global criticism from television viewers of the constant blaring noise. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA VISITOR: DON.MCHOULL@METRONEWS.CA

ARMANDO FRANCA/THE ASSOCIATED PRESS

Ivory Coast's Didier Drogba runs during a training session in Port Elizabeth, South Africa, yesterday.

Portugal prepares to face Drogba, even if it is unlikely

GROUP G PREVIEW

Portugal vs. **Ivory Coast**

VS

Portugal coach Carlos Queiroz is taking all possible precautions and making sure his team is ready to deal with Didier Drogba, even though the Ivory Coast striker has only a slim chance of playing in the sides' World Cup opener today.

Drogba trained for a second straight day yesterday, just 10 days after breaking his arm in a June 4 warmup match, and Ivory Coast coach Sven-Goran Eriksson is waiting until just two hours before kickoff to make a decision on whether he can play.

Drogba, who scored 37 goals for Chelsea this season to lead the club to the Premier League and FA Cup titles, is hoping to take to the field at Nelson Mandela Bay Stadium wearing a special protective cast.

Such an outcome sounds far-fetched, not least since FIFA has yet to rule on whether the cast will be allowed, but Queiroz is anxious not to be caught out by a surprise appearance.

"I'm not a doctor so I can't say if Didier Drogba will be playing," Queiroz said yesterday. "It is a fracture and the doctors, along with Mr. Eriksson, will have to decide.

"After 30 years of my life in soccer, there is nothing that surprises me. In terms of a player playing or not, nothing surprises me."

Drogba is Ivory Coast's main hope for goals in a tough Group G that also contains five-time world champion Brazil and North Korea.

FIFA must decide whether the cast Drogba, if fit, would wear on his damaged right arm presents a danger to other players.

THE ASSOCIATED PRESS

Feeling tied up

Italy disappointed with draw vs. Paraguay

GROUP F RESULTS

Italy 1 **Paraguay** 1

VS

Italy opened the defence of its World Cup title with a laborious 1-1 draw against Paraguay yesterday.

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header following a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.

"We deserved to win," De Rossi said. "We controlled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result."

"They only approached the goal once and they scored," Lippi said. "We reacted well but you've got to win games likes these."

Already without injured midfielder Andrea Pirlo, Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favour of inexperienced backup Federico Marchetti.

Lippi's side did little to disprove the critics who have labelled the squad as too old to win the title again, with nine players older than 30.

The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups.

THE ASSOCIATED PRESS

LARS BARON/GETTY IMAGES

Italy's Daniele De Rossi scores his team's only goal yesterday during a Group F match between Italy and Paraguay.

Buffon aims to play next game

- Italy goalkeeper Gianluigi Buffon says he can recover from a back problem in time for the Azzurri's next game.
- Italy's next opponent in Group F is New Zealand Sunday — giving Buffon six days to recover.

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	0	1
France	1	0	1	0	0	0	1

WEDNESDAY'S GAME
South Africa vs. Uruguay, 2:30 p.m.
THURSDAY'S GAME
Mexico vs. France, 2:30 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	2	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

THURSDAY'S GAMES
Argentina vs. South Korea, 7:30 a.m.
Nigeria vs. Greece, 10 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

FRIDAY'S GAMES
United States vs. Slovenia, 10 a.m.
England vs. Algeria, 2:30 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	1	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Australia	1	0	0	1	0	4	0

FRIDAY'S GAME
Germany vs. Serbia, 7:30 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	1	0	0	1	0	3
Cameroon	1	0	0	1	0	1	0
Denmark	1	0	0	1	0	2	0

YESTERDAY'S RESULTS
Netherlands 2, Denmark 0
Japan 1, Cameroon 0

GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1
New Zealand	0	0	0	0	0	0	0
Slovakia	0	0	0	0	0	0	0

YESTERDAY'S RESULTS
Italy 1, Paraguay 1
TODAY'S GAME
New Zealand vs. Slovakia, 7:30 a.m.

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	0	0	0	0	0	0	0
Ivory Coast	0	0	0	0	0	0	0
North Korea	0	0	0	0	0	0	0
Portugal	0	0	0	0	0	0	0

TODAY'S GAMES
Ivory Coast vs. Portugal, 10 a.m.
Brazil vs. North Korea, 2:30 p.m

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	0	0	0	0	0	0	0
Honduras	0	0	0	0	0	0	0
Spain	0	0	0	0	0	0	0
Switzerland	0	0	0	0	0	0	0

WEDNESDAY'S GAMES
Honduras vs. Chile, 7:30 a.m.
Spain vs. Switzerland, 10 a.m.

All Times ET

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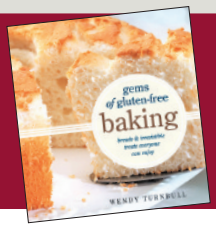
Olive oil industry
Extra-virgin olive oil, once the domain of Spain and Italy, is popping up in surprising new places. It's on the up-and-up Down Under, growing in Croatia and is becoming such an industry in South America that a Chilean producer is bringing two products to the U.S. market this year. THE ASSOCIATED PRESS

Food



Gluten-free baking

When a person suffers from celiac disease, the aroma of home-baked bread, cookies, buns and cakes can be difficult to endure. This is because those with the disease cannot tolerate gluten, a protein in wheat, rye and barley. For those suffering from this condition, Wendy Turnbull, a Calgary-based celiac, has developed, through years of testing, a recipe for a gluten-free flour which she calls GEMS. And now she shares her flour recipes with readers in her new book Gems of Gluten-Free Baking. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Treat dad to BBQ favourites

One of the great features of Father's Day is that it takes place in June. The warm and sunny weather is a definite incentive to celebrating outdoors.

And this is where the barbecue comes into play. Here are two dad-friendly recipes for flank steak and sirloin cheeseburgers. Serve with a selection of salads and father will be in seventh heaven.

Celebrate Father's Day this year by firing up the grill for favourites like Tagliata of Flank Steak, above, and Sirloin Cheeseburgers, above right.

Tagliata of Flank Steak

MAKES 4 TO 6 SERVINGS
WINE MATCH: CHILEAN CABERNET SAUVIGNON

INGREDIENTS:
- 1 flank steak, about 750 g (1 1/2 lb) and 2 cm (3/4 inch) thick
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper
- 75 ml (1/3 cup) balsamic vinegar
- 2 ml (1/2 tsp) granulated sugar
- 1.5 l (6 cups) loosely packed baby arugula
- 250 ml (1 cup) loosely packed shaved Parmigiano-Reggiano cheese

METHOD:

Lightly brush steak on both sides with oil and season evenly with salt and pepper.

Allow steak to stand at room temperature for 15 to 30 minutes before grilling.

Prepare grill for direct cooking over high heat (230 to 290 C/450 to 550 F).

In a small saucepan over medium-high heat, combine vinegar and sugar. Allow mixture to reduce by half, 6 to 8 minutes, stirring occasionally. Remove from heat and let cool.

Brush cooking grates clean. Grill steak over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice. (If flare-ups occur, move the steak temporarily over indirect heat.) Transfer to a cutting board and let rest for 3 to 5 minutes.

Cut steak in half lengthwise and then cut each half across the grain into thin slices; divide evenly among serving plates. Pour any juices remaining on the cutting board over the steak, and pile the arugula on top.

Drizzle each serving of arugula with oil and the balsamic reduction, season with salt and pepper and top with the cheese.

Recipe source: Weber's On The Grill: Steak & Sides by Jamie Purviance.

Sirloin Cheeseburgers

MAKES 6 SERVINGS
WINE MATCH: CHIANTI CLASSICO

INGREDIENTS:
- 500 g (1 lb) lean ground beef sirloin
- 1 egg
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded provolone cheese
- 75 ml (1/3 cup) chopped pitted olives
- 50 ml (1/4 cup) each breadcrumbs and minced onion
- 30 ml (2 tbsp) Worcestershire sauce
- 5 ml (1 tsp) dried Italian seasoning

METHOD:

In a bowl, combine beef, egg, garlic, cheese, olives, breadcrumbs, onion, Worcestershire sauce and seasoning.

Divide meat into 6 portions. Form into 2-cm (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered, for 1 hour or up to 1 day.

Grill over medium heat on preheated oiled grill for 5 to 7 minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

Recipe source: Beef Information Centre.

THE CANADIAN PRESS

Father's Day is this Sunday

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

A Scottish gift

British Petroleum will have an easier time cleaning up that oil spill in the Gulf of Mexico than I ever will figuring out a gift to buy my dad for Father's Day. He's "Mr. I Don't Need Anything." I bet even the Criminal Minds team couldn't profile their way to the perfect present to give him.

Knowing the obstacles, I usually pick him up a bottle that will broaden his liquid horizons while giving me something to fill my glass with when I visit. The best fallback position is scotch: A spirit that offers as much variety in flavour as wine and, like all hard liquor, will last indefinitely.

While single malts (those made with a single grain from a single distillery) may be pricy; they're packed with personality drawn from their unique surroundings.

Dad's a fan of the Scottish islands so a whisky like **Highland Park 12 Year Old** ($59.95 - $62.95) — a smoky, muscularly malty whisky from northern Orkney — would be right up his ally. I prefer an iodine-infused malt from Islay so maybe I'll go with the **Laphroaig Quarter Cask** ($59.95 - $77.49) — a blend of Laphroigs of various ages — this Sunday. Maybe.

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U.S. officials looking to ban peanuts from flights

Federal regulators in the United States are considering a snack attack on airlines that would restrict or even completely ban serving peanuts on commercial flights. Advocates say the move would ease fears and potential harm to an estimated 1.8 million Americans who suffer from peanut allergies. THE ASSOCIATED PRESS

Health & Beauty

Learning to just 'be'

Meditation can help you unwind from a hectic lifestyle

ROMINA MCGUINESS
Metro World News

METRO WORLD NEWS

Meditation can help anyone from rock stars to athletes to accountants.

Free your mind, and the rest will follow! Mediation guru Andy Puddicombe tells Metro how to unleash your mind it the right way.

Puddicombe trained as a Buddhist monk in the Indian Himalayas. Today, he's got an office base in London, England where he works as a meditation "guru" to rock stars, elite sportsmen and celebrities. He tells Metro about trying to get people to disengage from the whirlpool that is their thoughts and just "be…"

THE MEANING OF MEDITATION

"In a world where everything is black and white, people are frustrated by things they don't understand," says Puddicombe. "As a technique, it's about sitting in a quiet place, undisturbed for 10 to 20 minutes, but as an experience it's harder to explain."

Try and explain the taste of chocolate he says, you can try and describe it, but it's a totally different thing once you put it in your mouth.

Psychotherapist Marisa Peer trained with mediation expert Deepak Chopra and describes meditation as learning to do nothing more than focus on your breathing, staying still and keeping distractions far away.

SO, WHAT IS IT?

"It's a way of calming the mind," explains Puddicombe. "Once you have attained a degree of stillness, you'll have clarity and better understanding what is going on around you. Meditation heightens anything from awareness and self-understanding, calm and clarity, to compassion and empathy. It's about knowing how you feel and why you feel it."

SHOULD I MEDITATE?

People who come to Puddicombe have often been referred to him after suffering from depression, anxiety, insomnia, addictive behaviour, anger issues or high blood pressure.

"I treat people stuck in emotional patterns of destructive behaviour, which is a loop people find hard to get out of. Imagine being stuck on a wheel and spinning around faster and faster without being able to stop. You need to step off the wheel, allowing natural momentum to slow it down. Meditation is about observing the mind, feelings and thoughts and rather than running away from them, perceiving them."

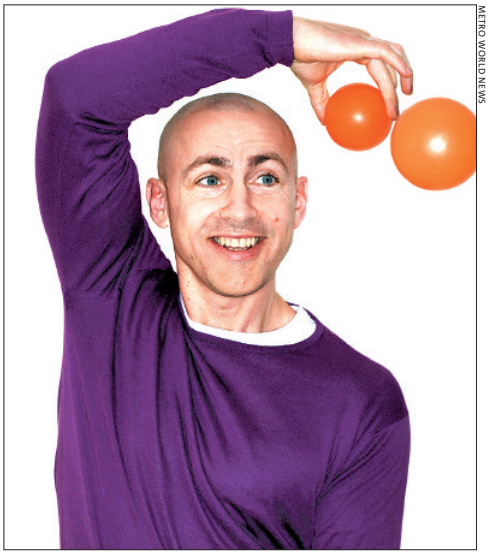
DOES IT REALLY HELP?

Puddicombe's favourite analogy to explain the benefits of meditation involves a road and a blindfold.

"Imagine you're sitting on the side of the road with a blindfold. You are aware of the noise, stress and unpleasant surrounding, but can't see it. Take off the blindfold and this is where you begin meditating. See the cars as your thoughts, you'll be tempted to stop the flow of traffic, but hold back and watch from where you stand. You're creating a space where you allow the mind to naturally unwind."

In essence meditation allows you to step out of an emotional loop and disengage with a pattern of behaviour. A recent study carried out at Harvard Medical School found that meditation led to an increase in blood flow in the prefrontal cortex, associated with positive emotions such as happiness.

The verdict … just be.



METRO WORLD NEWS

Meditation guru Andy Puddicombe believes that connecting with the entire process of food creation and eating will let people appreciate what they put into their bodies.

Meditative eating

Andy Puddicombe teamed up with British chef Jamie Oliver to promote the concept of "mindful eating."

"Based on the same principles of floor mediation practice, mindful eating is about bringing a sense of presence to the activity of eating. Appreciating your food and being grateful for it in a calm and open manner is key," says Puddicombe.

The campaign wants people to not simply focus on the food they eat, but the entire process, from shopping, chopping and cooking. If you are mindful and present, cooking becomes a pleasurable activity.

"People must learn to put some love into cooking rather than see it as a chore," he explains.

"So many people have issues with food, either over or under indulging, sometimes swinging from one to the other. By being engaged in the moment as you cook and eat, you will be more aware of emotional swings and less likely to cave into cravings signalled by your thoughts. Disengage from these thoughts, make the right nutritional choices, don't rush and appreciate what you put into your body."

ROMINA MCGUINNESS/
METRO WORLD NEWS

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Drug companies sharing data on Alzheimer's research
In an unusual step, a dozen competing drug companies have agreed to share data on thousands of Alzheimer's patients in hopes that the extra information will spark new ideas for treatments. THE ASSOCIATED PRESS

Promoting safe use of medication

CELIA MILNE
for Metro Canada

Took the wrong pills? Confused about your medication? Now there's a website where you can report problems you've had with prescriptions.

"Medication errors are very common and can be alarming," says Bonnie Salsman from the Institute for Safe Medication Practices (ISMP) Canada. "That's why we're working hard at preventing harm when medication errors happen."

ISMP Canada has teamed up with the Best Medicines Coalition and Patients for Patient Safety Canada to create the new consumer website, at SafeMedicationUse.ca.

"The key thing we are trying to achieve with the site is to learn when errors happen and use that information to prevent them in the future.

"It's all focused on system change rather than blaming the person who made the mistake," says Salsman, one of the project leaders.

Errors can be particularly dangerous if the drug is insulin, narcotics or chemotherapy, Salsman adds.

You take the wrong drug

This can be due to packaging similarities or overt errors made in hospital or in the community pharmacy. One possibility is that the wrong medication was put on a shelf at the pharmacy where a similar-looking medication usually is, and the wrong medication is dispensed to you. Another possibility is that several medications were picked up in the same bag, and the wrong one got to you. Or your medication was switched with someone else's.

Taking the wrong dose of the correct drug

Perhaps you are supposed to take your medication once a day, but due to error it says twice a day. Or a drug that is supposed to be taken three times a day spread throughout the day gets taken three at once. Also, perhaps it's not clear whether to take the medication with food. Confusion is common: In a study published in the Annals of Internal Medicine, 46 per cent of patients misunderstood at least one of the five medication labels they were shown.

Preventing errors

- When you receive a prescription, make sure you understand what it's for, the right dose for you, and the proper way to take it.
- Have the pharmacist go through the instruction on the prescription label with you.
- Read any warning labels on the prescription container and ask your pharmacist to explain them.
- Ask if there are other medications or remedies that shouldn't be taken with this drug.

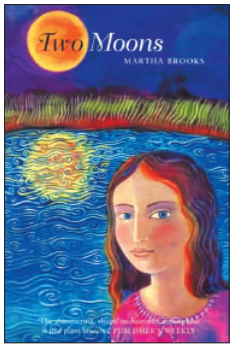
Fiction can help sex education

Recent debates about sex education in schools has sparked a conversation about what kids should — or shouldn't — be learning when it comes to sex.

But frankly, most sex education rarely talks about stuff kids really want to know about; that is how to deal with the emotions, the heartbreak, the negotiations and the confusion involved in being an adolescent whose hormones are just getting kick started.

That's where today's glut of young adult fiction can play a role. Fiction is full of characters young people can relate to who are facing things they're facing, or opening their minds up to things others may be going through.

As Virginia Euwer Wolff writes in True Believer, a coming of age story of 15-year-old girl that, "In the sex class we have to take by school law where they showed condoms and scared us about AIDS, they said sexuality is the most confusing thing about being a teenager.



Novels such as Two Moons can give young adults a better understanding of the emotions and confusion about adolescence than a school sex-ed class can.

"I am sure this is correct because I strained my ears to hear over the racket of kids making a joke of the class waving condoms on their fingers hooting. And also because the sex teacher said it four times."

In her book Two Moons in August, Canadian author Martha Brooks grapples with the tangled emotions of a young girl coming to terms with her mother's death one summer, and falling for a boy who moves into her neighbourhood but who already has a girlfriend.

And Diana Weiler is one of the few authors who writes books aimed specifically at teenage boys, a group not exactly known for it's voracious reading habits. But if there's anything that's going to get a young guy to turn off the TV or the video game and pick up a book instead, a book that deals with sex is probably a good bet. If it's one that deals with some of the confusing emotions and issues he's currently facing, all the better.

The other brilliant thing about young adult fiction is that it offers another tool for plenty of parents, most of whom, quite frankly, would rather have root canal surgery than talk to their kids about sex.

And let's face it, how many teens really want to talk to their parents about this stuff anyway? That doesn't mean you can leave a pile of books beside your son or daughter's bed and tell them to have a good life. But a good book, offers the opportunity to open the discussion, and to broach some of the issues that might not otherwise come up.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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SUMMER HOLIDAYS: ARE YOUR TEETH READY?

Warm weather is here and the school calendar is winding down. By now, many of you will have made your plans for summer holidays and are looking forward to a wonderful time away from the city.

When everything goes well, a summer holiday with the family can be a memorable experience. However, **the best laid plans can be derailed by a dental emergency.**

If you have ever experienced a toothache, you know just how painful it can be. Those of you fortunate enough not to have had one might be surprised at how much pain and discomfort a little tooth can cause.

The reality is that there are a large number of tiny, sensitive nerve endings that go into the mouth. Given the constant pressure we put on our teeth by eating and drinking, if any of those nerves are exposed even a little, you will be aware of it!

The key is to take steps to avoid having this occur when you would rather be enjoying vacation time with the family. Obviously, **if you are in the middle of an ongoing treatment plan, it is best to make sure you have finished treatment before leaving.**

Dr. Martin LaBoissonniere
Dental Surgeon

That may not always be possible as your treatment may require multiple visits over an extended period of time. Should that be the case, **make sure your dentist is aware of your vacation plans.** That way, s/he can take steps to reduce the likelihood that your unfinished work will become a problem for you prior to your return.

Perhaps you may not be in the midst of any particular treatment, but you have noticed **sensitivity to hot or cold liquids or to pressure when you eat.** These could be signs of problems that need to be addressed before they get worse.

You should **visit your dentist before leaving for your holiday** as s/he may be able to provide complete treatment and allow you to leave for your vacation confident that your oral health is in order. At the very least, your dentist may be able to employ temporary measures that will get you through the holiday before you return for the more permanent solution.

And remember, just because you are taking a vacation, your oral health should not. **Make sure you bring along your dental travel kit**, complete with toothbrush, toothpaste, dental floss and mouthwash.

Try to make sure your toothbrush is completely dry before you store it anywhere as dry brushes are less likely to attract bacteria. While you're at it, do not store multiple toothbrushes in contact with each other. There is no reason to pass bacteria from one brush to another.

By making sure you are in good oral health when you leave, you can reduce the likelihood of your vacation being interrupted by a dental emergency. So take these simple steps and enjoy a well-earned holiday. Because taking a break is a healthy habit…and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Sunglasses exposed

What to look for in a pair of stylish shades

CELIA MILNE
for Metro Canada

Bug eyes? Aviators? With great sunglasses, you can look like a movie star AND keep your eyes safe from the sun.

But what should you look for? Make sure the sticker says UV400 protection, as this indicates 100 per cent protection from harmful UVA and UVB rays, says Isaac Abenhaim, an optician and owner of Yonge Vision in Toronto.

"Buy from reputable stores," he adds. "No flea market sunglasses."

Failing to protect your eyes from the sun can cause short-term problems such as a sunburn to the cornea. And neglecting your eyes summer after summer over many years can lead to long-term problems such as age-related macular degeneration and cataracts.

Besides making sure you have full UV protection, here's some more advice on choosing sunglasses, from Health Canada:

- Make sure the lenses aren't so dark that they reduce your vision.
- Medium to dark lenses with a grey, slightly brown or green tint are best.
- Check for distortion by putting on sunglasses and looking at a rectangular pattern, such as floor tiles. The lenses are fine if the lines stay straight when you move your head up and down, and from side to side.
- Look for sunglasses with scratch-resistant coating.
- Plastic lenses are tougher than glass and less likely to break.

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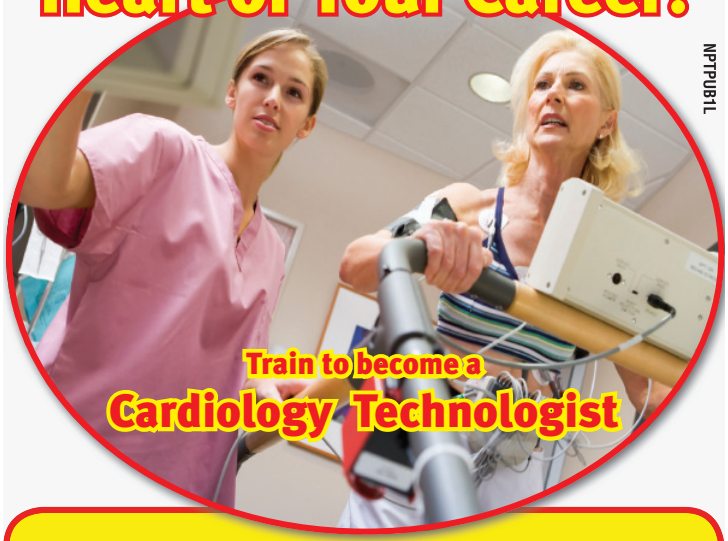

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The end of Harry Potter
Daniel Radcliffe wore his Harry Potter attire for the last time this week as shooting wrapped on the final instalment of the series. "Everyone was really devastated. It was really, really sad," Radcliffe said Sunday. "We're crying quite a lot." THE ASSOCIATED PRESS

Entertainment

The survivor
Paula Abdul is optimistic that American Idol will survive after the departure of Simon Cowell. "I don't see an end to Idol, I see that there will be many changes," said Abdul. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

New music invasion

More than 650 bands from around the globe take over North By Northeast

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Montreal's Hollerado, above, plays loud, brash music that's filled with hooks, while Chester, N.S.'s Old Man Luedecke, right, is one of Canada's best bluegrass, alt-country performers.

This weekend more than 650 bands from around the globe will descend on Toronto for the 16th annual North By Northeast music and film festival. While plenty of big name acts are on the bill — Iggy Pop and the Stooges and Eagles of Death Metal to name two — it's the lesser-known Canadian acts who stand to benefit the most from the music hungry crowds. With that in mind, here are five acts from across the country likely to make some noise.

Kate Rogers Band: Choosing one Ontario group to see is almost impossible, but my pick goes to the Kate Rogers Band, an incredibly infectious Toronto-based rock act. There's a good chance you haven't heard of Rogers — she moved to the Big Smoke after spending eight years in the U.K. — but that should soon change. Her music blends folk, country, Brit-pop and rock, and while the tunes are memorable, it's her rich voice that really stands out.

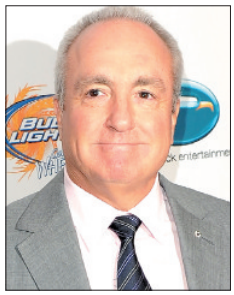
Hollerado: Montreal's Hollerado has had a career a lot of young bands dream of — critical acclaim, a gig opening for Jack White and a battle of the bands win that netted $250,000. Listen to debut, Record in a Bag, and you'll quickly see why they're doing so well. The foursome plays straight-up rock 'n' roll — their music is loud, brash and filled with hooks. Think Supergrass-meets-Thrush Hermit-meets-Weezer.

Japandroids: Vancouver's Japandroids don't need my vote — they've already played to packed crowds at Bonnaroo, Hillside and South by Southwest — but I'll give it to them anyway. This garage rock duo oozes unbridled energy. Their ear-splitting, fuzzed-out guitars and heavy drums are straight out of the early '90s. But this isn't a nostalgic look back — the twosome's frenetic pace and off kilter harmonies sound fresh.

Old Man Luedecke: Everyone loves a banjo, right? Well, at least I do, which is why I'm recommending one of Canada's best finger picking songwriters, Chester, N.S.'s Chris Luedecke. The Juno winner has been around for a while — his first album was released in 2003 — but his bluegrass, alt-country combo is only getting better.

Women: Women are not an easy band to define, so you'll have to go see this Calgary foursome yourself. But the group — who've backed Chad VanGaalen — play a twisted brand of indie rock, spewing out weird noises, Beach Boys-like harmonies, bizarre breakdowns and strange atmospheric noises while putting something together that's astoundingly pleasant to listen to.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



Lorne Michaels

Lorne Michaels honoured with special Emmy

PEOPLE The Canadian creator of Saturday Night Live is being honoured with an International Emmy Award.

Lorne Michaels will receive the International Emmy Directorate Award at the 38th annual International Emmy Awards gala on Nov. 22 in New York City.

The organizers of the award say they're honouring Michaels for founding SNL, which "reinvented comedy on television and launched a generation of major film and TV stars."

Michaels is also executive producer of 30 Rock and Late Night with Jimmy Fallon.

Saturday Night Live has been on the air for 35 years and is broadcast in about 130 countries. THE CANADIAN PRESS

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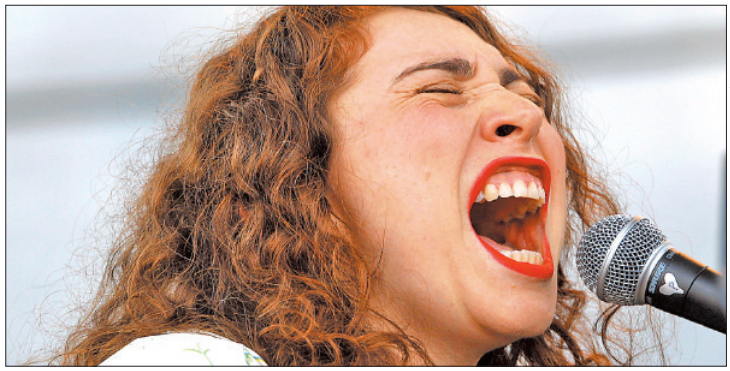

MARK HUMPHREY/AP PHOTO

Regina Spektor performs at the Bonnaroo Music & Arts Festival this past weekend in Tennessee.

A Spektor of success

Relaxing backstage at the Bonnaroo Music & Arts Festival, Regina Spektor is startled when a cold glass of carrot juice is suddenly placed before her.

"This is nice," she exclaims. "This is a nice life."

For the last year, Spektor has been touring her fifth album, Far, which followed her 2006 breakthrough, Begin to Hope. That album sold more than a million copies worldwide, and Far debuted at number three on the Billboard charts.

The 30-year-old, classically trained pianist, whose family emigrated from Russia to New York when she was 9 years old, recently performed at the White House for Jewish Heritage Month — an experience she's still glowing about. Currently, she's working on her first full-fledged Broadway musical.

Q Has this tour been different from previous tours for you?

A This has been my funnest year of touring ever. Nothing to do with people — the people who come to my shows have always been amazing. It's not, "People finally got nice!" It's more that I've kind of learned how to have enough energy and stamina to do it. ... You stop being super scared. I used to be like, "Oh, my god, I'll lose my voice!" Then you get to a point where you're like, "If I lose my voice, then I'll play these songs and I won't play these songs that I won't be able to hit."

Q How do you think living in New York affects your music?

A If you're interested in characters and stories and people's lives and communication and connections and how people interact with themselves and each other and the world — it's the ultimate place to be. Granted, you're missing out on other things, like sky and peace and quietude — things that maybe allow you to be more in touch with yourself. But if you're really interested in being an observer, it's the ultimate place to be.

Q You write songs about characters almost exclusively.

A I've always really loved fairy tales and stories. They were always read to me and told to me. I get stuck on story, basically — the combination of plot and emotional details. It's all very personal in the way that you get to experience them through yourself. It's filtering and processing through your mind, through your chemistry, through your everything. ... I like that. It's a combination, but it's also not completely cold and cerebral.

THE ASSOCIATED PRESS

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Film sound pioneer honoured with Weaver's help

Sigourney Weaver has helped Aubrun, N.Y., honour the man who brought sound to motion pictures. The Avatar actress was present at a ceremony that feted Auburn native Theodore Case, who pioneered a method to put sound on film in 1916. THE ASSOCIATED PRESS

A Fox among the fans

Jonah Hex star not afraid to take on comic-book roles

NED EHRBAR
Metro World News

Megan Fox obviously knows a thing or two about fame and the media spotlight, with her every move and utterance chronicled since her breakout role in Transformers three years ago. And she knows that not everyone can handle it.

"People who make it to this level of fame for whatever reason — whether it's deserved or not — you have to be a strong person to survive it, because it is very difficult to be under the microscope every moment of every day," she says.

"Everything that leaves your mouth becomes this sensationalized news story no matter what your intentions were when you first said it, so it becomes overwhelming."

What keeps it from overwhelming her, she explains, is the people closest to her. "I've maintained the same relationships that I've had before this happened to me," she says.

It's those relationships — and a surprisingly homebound nature — that keep her from following down the path of someone like Lindsay Lohan.

"I sort of distanced myself from the Hollywood crowd. I don't really go out and socialize that way. Oddly, you wouldn't think it, but I'm very domestic. I think that keeps me sane. My personal relationships have kept me grounded."

Megan Fox and Josh Brolin get stuck in Jonah Hex.

Jonah Hex opens Friday

After two Transformers films, Fox infamously parted ways with director Michael Bay's franchise. But that doesn't mean she's through with big-budget action movies.

"I like working on action films, and I like working on movies that are comic book-based or that have this sort of thing, because they're things that I watched or I loved when I was a kid," she says.

And it's that affinity that brought her to her latest film, Jonah Hex, based on the comic book about a scarred cowboy bounty hunter (played in the film by Josh Brolin).

The film posed some technical difficulties for Fox, though.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands," she says.

But one thing she didn't mind was her costume, featuring an impossibly tight corset — or not so impossibly, to hear Fox tell it.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands."
Megan Fox

"I loved the corset," she insists. "Everyone thought I was in pain or I was hurting, that something was wrong with me because my waist was so small. But I enjoyed it. I wish that they would come back into style."

Working on a comic book adaptation, Fox knew there would be a risk of upsetting the core Jonah Hex fans. But she refused to worry about it.

"I love them, but it's impossible to please the hardcore comic book fans, because they'll never be happy no matter what you do," she says.

And Fox has a surprising insight into the fans' mindset: "Because I'm a Lord of the Rings fan, I'll go on the forums, and they complain that, like, Frodo is eating the lembas bread outside of Mordor instead of the Mines of Moria, and they get really mad," she says.

"And Peter Jackson and company won, like, 30-something Oscars for that. So you can't focus completely on pleasing them, because you'll never win."

It's a Hollywood show at the Tonys

If you weren't watching the Tonys too carefully, you would have thought they had turned into the Oscars.

Sunday's show was a night for celebrities and for the meaning of celebrity, when Academy Award winners Denzel Washington and Catherine Zeta-Jones took home their first Tonys, and when the most honoured play, Red, was itself a meditation on art and commerce.

Other familiar faces included Will Smith and Michael Douglas, Helen Mirren and Daniel Radcliffe, and Glee stars Matthew Morrison and Lea Michele.

Red, which won the Tony for best play and five other honours, loomed as the dark, unanswered conscience at the bright lights ceremony, an anguished two-man drama about painter Mark Rothko and his devilish dilemma over whether to accept a rich commission for the fancy Four Seasons restaurant.

THE ASSOCIATED PRESS

Catherine Zeta-Jones picked a Tony Award for her role in A Little Night Music.

Zeta-Jones was a show herself, winning for best actress in a musical as the amorous actress in the revival of Stephen Sondheim's A Little Night Music and earlier crooning the Sondheim standard Send in the Clowns.

Two other Hollywood stars Washington and Scarlett Johansson, were first-time nominees and winners.

"Every since I was a little girl I wanted to be on Broadway and here I am," said Johansson, the voluptuous Hollywood star best known for such films as Matchpoint and Lost in Translation.

THE ASSOCIATED PRESS

DVD picks

The Book of Eli

Director: Albert Hughes

EIGHTEEN MONTHS ago, The Book of Eli might have been viewed as scorched satire on the swapping of White House occupants, from Bush to Obama.

Here you have a charismatic and literate African-American (Denzel Washington) roaming a post-Apocalypse United States, promising hope and change in a land ruled by thugs and stuttering morons.

But the picture is a lost opportunity, perhaps mirroring reality in that regard. This Book doesn't teach, inspire or amuse; instead it mysteriously flops open at that well-thumbed page favoured by hack filmmakers, the one that reads simply, "Smash, hack and torch." It's The Road Warrior meets The Road, and a lot of brain cells burn along with the rubber.

Extras include a 40-minute picture-in-picture commentary by Washington and the Hughes Brothers, plus additional scenes and backgrounder featurettes.

Youth In Revolt

Director: Miguel Arteta

MICHAEL CERA desperately needs a guy like Francois Dillinger. He's the evil twin of Cera's nerdy Nick Twisp in Youth In Revolt, a coming-of-age comedy that may help convince casting directors that Cera can play more than just dweebs.

Cera gets the good foot on the bad thing with Francois Dillinger, a pencil-moustached sociopath doppelgänger whom Nick summons straight from the id. It's the only way he stands a chance with Sheeni Saunders (Portia Doubleday), a girl he meets at a trailer park who shares his pop-cult interests.

Enter Dillinger, who is equal parts French New Wave hipster and Public Enemy No. 1. Whenever Nick seems about to waver in his obsessive drive to bed Sheeni, Dillinger magically appears to harangue, heckle and vandalize in the name of lust.

PETER HOWELL/FOR METRO CANADA

Don't replace Simon warns former Idol producer

American Idol shouldn't try to replace Simon Cowell now that the sharp-tongued judge has left to helm a new reality series, says former Idol producer and So You Think You Can Dance judge Nigel Lythgoe. THE ASSOCIATED PRESS

Forget the VJ, MTV seeks TJ

Twitter jockey to network, help influence on air TV

MTV officials say the search is on for a new social media maven who will engage with the MTV audience and serve as a liaison between viewers and network honchos.

MTV general manager Stephen Friedman called the TJ position "a natural evolution of how we connect with our audience."

The network has identified 18 potential candidates and is asking its audience to find two more. The 20 hopefuls will compete in a series of online challenges this summer designed to reveal their personalities and demonstrate how they connect with Twitter followers.

Five finalists will ultimately compete on a live show Aug. 8, when fans will pick who gets the new job.

"The hope is that this person will be dynamic, engaging and energized, an enthusiast within the social media world," said Dave Sirulnik, the executive overseeing the contest. "Somebody who will represent the audience by taking their thoughts and questions and ... through an ongoing dialogue with them, be able to bring those questions inside the walls here to the people who make MTV."

The new Twitter Jockey will report on MTV events, such as the Video Music Awards in September, and appear on-air periodically.

"While they won't be on TV the way VJs were," Sirulnik said, "they will always be on."

Insight MTV executives gain through the new online representative's interaction with fans could influence programming and network decisions, Friedman said.

"Twitter and Facebook enable us to make smarter decisions," he said. "This will benefit us hopefully as much as it benefits the audience." THE ASSOCIATED PRESS

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

Remember the MTV VJ? That's so two decades ago. Now the network is looking to hire its first TJ, or Twitter Jockey

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/10 primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		The Jury (Part 6 of 6)		Amazing Planet: Born of Fire		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Ignition" (HDTV)		NCIS: Los Angeles		The Good Wife "Fixed"		News Hour
	-	-	5	SRC	Squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal	Sports FIFA	TJ Ontario
	209	342	6	CHRO	Canada's Worst Driver		Raising the Bar		Movie				Comedy Now
	196	311	7	CTV	etalk	Access H.	The Mentalist		CSI: Crime Scene Invstgtn.		Criminal Minds		CTV News
	208	303	8	CBC	Laughs	World Cup Soccer Match of the Day.					CBC News: The National		Soccer
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent		America's Got Talent (N)		Losing It With Jillian (N)		News
	117	713	10	TVA	Crusoé (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (SC)		TVA nouvelles	Sucré-salé	*Girls-Vegas*
	-	-	11	QS	Wipeout (SC)	30 Rock (SC)	La Vérité choc		Le Mentaliste (SC)		Criss Angel	UFC: Les Guerriers	
	137	763	12	TFO	Panorama	Histoires oub.	Vu du large		*Baisers volés* (1968, Com. dramatique)			*Antoine*	Paradis perdus
	-	362	13	CBS	The Insider (N)	Judge Brown	NCIS "Ignition" (HDTV)		NCIS: Los Angeles		The Good Wife "Fixed"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Hell's Kitchen (PA) Feeding hungry college students. (N)				America's Got Talent (N)		Survivorman		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*High Adventure* (2001, Action) Thomas Ian Griffith, Anja Kling.				*Freddy vs. Jason* ★★ (2003, Horror) Robert Englund.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Jimmy Kimmel	NBA	NBA Basketball Finals, Game 6 -- Boston Celtics at Los Angeles Lakers.				
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This/Your Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (PA) Feeding hungry college students. (N)				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Frontline (DVS)		The New Recruits (N)		Charlie Rose
	205	312	104	CTV	etalk	Access H.	The Mentalist		CSI: Crime Scene Invstgtn.		Criminal Minds		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Philadelphia Phillies at New York Yankees. (HDTV) (Live)						MLB Baseball: Blue Jays at Padres		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	Poker Women's World Open III.		NBA Pregame	NBA Basketball Finals, Game 6 -- Boston Celtics at Los Angeles Lakers. (HDTV) (Live)					
	410	403	52	SCR	Cabby Unlimit	MMA Fight Night			European Poker Tour		FIFA World Cup Tonight		Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	59	SC	NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam
family	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
	615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 "Last Wish"		The First 48
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Blue Mountain
	521	560	34	TLC	Food Buddha	Food Buddha	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple	Little Couple	Cake Boss
	145	761	35	TV5	Zoom animal		Adresse inconnue		Partir autrement		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	The Guard (HDTV)		*Premonition* (2004, Suspense) Casper Van Dien.				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40	BVO	Diana Krall-Rehearsal Hall		Montreal Jazz Festival		Altered by Elvis		Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	294	529	47	TBS	MLB Baseball Tampa Bay Rays at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Seinfeld	Seinfeld	Law & Order
	600	564	49	H&G	House Hunters	Property Virgin	Design School		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who		The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1
	581	566	53	MTV	The Hills	After	Cribs	Cribs	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Wife Swap		Wife Swap		Restaurant Makeover		Last 10
	522	506	55	HIS	Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (HDTV) (N)		Weather
	129	773	60	CD	Biographies "Billy Crystal"		Dévoré vivant (HDTV)		Voyage d'enfer (HDTV) Doc.		Experts en crime (HDTV)		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	Kink in My Hair		ideaCity	Driven, Vision	Doc
	602	567	62	W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	*To Have and to Hold* (2006, Suspense)		
	269	350	70	APTN	Fish Out	Mixed Blessing	renegadepress	Rabbit Fall	Arbor Live		Beyond Words	Chiefs-Champ	Tears
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner Imposs.	Dinner Imposs.	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics' corner

The Good Wife

As her husband's (Chris Noth) legal team continues to work on his appeal, Alicia (Julianna Margulies) discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company. Chris Bauer, Mary Catherine Garrison, Joe Morton and Chip Zien guest star in "Fixed." 10 PM on 13 CBS 3 GTV

Anna and Kristina's Beauty Call

This one's for you, guys. In the new episode "Old School," Anna and Kristina help a firefighter named James achieve a classic Las Vegas look, with Lawrence Zarian, aka "The Fashion Guy," passing judgment on the results. Dr. 90210 weighs in on male style, and the girls offer tips on picking the right socks. 9 PM on 62 W

Banff Awards injecting some Enthusiasm

TELEVISION The biting comedy Curb Your Enthusiasm and the drama In Treatment have won two big fiction prizes at the Banff World Television Awards.

The two HBO series were among the winners in the first of five ceremonies honouring the best in fiction, non-fiction, film, special achievement and digital programming.

Larry David

Trophies were set to be handed out over four days, with winners drawn from 900 entries from more than 40 countries.

Other winners Sunday included the NFB's Molly in Springtime, for best animation; the BBC's Bill Bailey's Remarkable Guide to the Orchestra, for best music & variety program and Nickelodeon's TeenNick HALO Awards, for best youth program.

The awards, also known as The Rockies, are part of the Banff World Television Festival.

It runs through Wednesday.

THE ASSOCIATED PRESS

Battle over Coleman's estate continues
Gary Coleman's friend and former manager will give up the fight to be appointed the special administrator of his estate, his attorney said yesterday. Dion Mial says he will no longer seek to be special administrator of Coleman's estate because a more recent will has surfaced. THE ASSOCIATED PRESS

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

RUSSELL CROWE is tweeting from the grave, **AMANDA BYNES** is looking to clean house, **JUSTIN BIEBER** is a fan of manners, and **JESSICA SIMPSON** actually retained some information.

@russellcrowe Unable to answer tweets fell off a mountain in Austria, all over red rover. Don't know how i got there, but the media are never wrong. G'Bye.

@chicky Quick question, how can I unfollow everybody I follow on Twitter without everybody freaking out on me?

@justinbieber I love please and thank yous.

@JessicaSimpson Random fact: the jalapeno was the first pepper taken to space.

METRO NEWS SERVICES

Wanted: Assistant with flexible moral standards

MUST BE GOOD WITH ADULTS WHO ACT LIKE SPOILED CHILDREN, HAVE AN INFINITE RESERVE OF CREATIVE EXCUSES, AND DOES NOT MIND TAKING THE RAP FOR ILLEGAL DRUG OR ALCOHOL-RELATED ACTIVITY. PRISON TIME MAY BE REQUIRED Lindsay Lohan's assistant recently quit, and the actress' pals are worried she may have lost her lifeline, according to TMZ. Sources tell the website that Lohan is having difficulty finding anyone reliable to hire as a new assistant, and without one they worry she won't be able to keep the appointments that could keep her out of jail. Lohan even relied on her assistant to drive her to appointments and court-appointed alcohol education courses, as the actress is prohibited from driving.

METRO WORLD NEWS

Jackson father blames wife for Michael's death

DENIAL. NOT A RIVER IN EGYPT. POSSIBLY A JACKSON FAMILY PATRIARCH As the anniversary of Michael Jackson's death approaches, Joe Jackson is busy blaming Katherine Jackson for their son's passing, recounting an argument they had last June to News of the World. Joe tells the newspaper he was concerned that Michael was "looking kind of funny and and frail" and asked Katherine to check in on him.

"But she didn't want to do that because she was afraid she was invading his privacy," Joe says. After Michael passed away, Joe says he told Katherine, "This would have never happened if you had went and been with him."

METRO WORLD NEWS

'Suspicious' Montag hires private eye

AND THEN GETS COMPLETELY TRIPPED UP BY THE WORLD 'PRIVATE'. LIKE, WE'RE TALKING NOT EVEN ABLE TO GRASP THE CONCEPT With their marriage officially on the rocks, Heidi Montag and Spencer Pratt are now accusing each other of infidelity, with Montag even going so far as to hire a private investigator, according to Radar Online. "She is very anxious to find out if her suspicions and the rumors are true, especially if he's spent any money on another woman," a source says. "Heidi has hired a former member of the sheriff's department, who now works as a private investigator, to look into it. It is really important to Heidi to find out if Spencer has been cheating on her."

Former Hills stars Montag and Pratt have been engaged in an increasingly bizarre and public split, which many speculate is another elaborate plot for publicity by the media savvy pair, including speculation that Montag was in the process of trying to shop a new reality series detailing her new life as a single woman.

METRO WORLD NEWS

Kylie opts for facial mobility

SEE? RICH, BEAUTIFUL STARS HAVE TO OVERCOME EXTREME HARDSHIPS, TOO Kylie Minogue is coming to terms with growing older and has ditched her Botox habit. "I stopped using it a while ago," she tells Hello magazine. "I have lines on my face now, and that's OK." She also insists she'll never get plastic surgery. "You're not yourself if you do that," the Australian singer says.

METRO WORLD NEWS

More secrets and lies from the Monjack files?

YOU KNOW HOW YOU KNOW SOMEONE'S REALLY CREEPY? READ THE FOLLOWING: Brittany Murphy's husband, Simon Monjack, allegedly had a secret he took to his grave: children. Monjack's mother and brother reportedly discovered e-mails on his laptop from two different women claiming to have had children by him, according to TMZ. The computer also reportedly had records of multiple wire transfers, some for as much as $48,000 at one time.

METRO WORLD NEWS

James Franco hits up gay pride parade

FOLLWED BY A SERIES OF COMPLETELY UNINTELLIGIBLE STATEMENTS. TEN BUCKS IF YOU CAN FIGURE OUT WHAT ON EARTH HE JUST SAID James Franco turned heads over the weekend when he showed up at Los Angeles' Gay Pride celebrations, but it was all in the name of art. Franco was there with drag performer Kalup Linzy to make a short film about Linzy for Franco's return to the soap opera General Hospital later this year. "I thought it'd be interesting if I took a real artist that was inspired by soaps," Franco tells World of Wonder. "And then [he's] in a real soap opera doing their own version of contemporary art."

METRO WORLD NEWS

Reason to switch #109:

I switched because I can bank between soccer and storytime.

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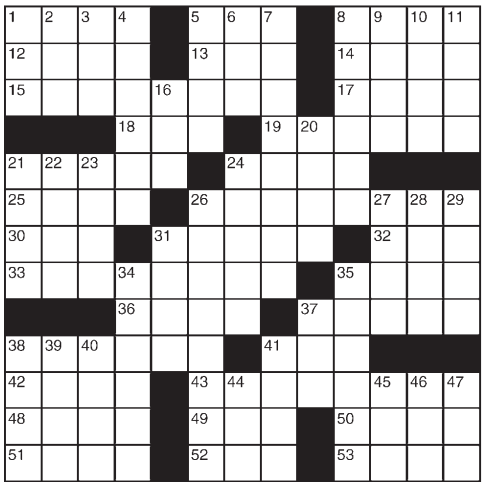

ACROSS

1 Snatch
5 Vacationing
8 Lion's pride?
12 Its three largest cities all start with C
13 Prohibit
14 Culture medium
15 "Candide" author
17 A huge amount
18 Sound of disapproval
19 Chewy candy
21 Stem
24 Despot
25 Give as an example
26 Egyptian capitalists?
30 Fuss
31 Challenges
32 Mischievous tyke
33 Good as new
35 Use a teaspoon
36 Profits
37 Lascivious
38 Scabbard
41 Can material
42 Ringlet
43 Terrier type
48 Jason's ship
49 Wildebeest
50 Winged
51 Online journal
52 — out a living
53 React with boredom

DOWN

1 State leader (Abbr.)
2 Pi follower
3 Have a bug
4 Carafe, e.g.
5 Last write-up
6 Distant
7 Overly excited
8 Ripen
9 Enthusiastic
10 "Peter Pan" pooch
11 Formerly, formerly
16 Arctic diving bird
20 Galley array
21 Cicatrix
22 Ocean motion
23 At the summit of
24 Gives a darn
26 Punic Wars city
27 Little lice
28 Send forth
29 Agile
31 Regimen
34 Having hands, as a timepiece
35 Half the weekend
37 Whopper
38 Wound cover
39 Pitch hard
40 Therefore
41 Verifiable
44 Squid squirt
45 — carte
46 Legislation
47 Sea eagle

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

				8		5		
1	4						2	
	3	5	4			6		
		6	9			2	8	
			5		1			
	9	7			8	3		
		3			6	7	9	
	5						6	8
		8		5				

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

E	M	S	■	R	A	I	D	S	■	R	U	M	4	1	7	9	6	5	2	8	3
N	A	P	■	E	L	I	O	T	■	E	G	O	8	6	2	3	1	4	9	7	5
D	R	A	M	A	M	I	N	E	■	E	L	L	3	5	9	7	2	8	6	1	4
■	■	■	I	D	A	■	T	R	I	X	I	E	5	9	4	8	7	1	3	2	6
S	A	D	D	E	N	■	S	E	T	A	■	■	2	7	3	6	5	9	1	4	8
A	T	E	■	R	A	P	■	S	E	M	I	S	1	8	6	2	4	3	7	5	9
N	O	T	E	■	C	I	A	■	M	I	R	E	6	3	5	1	8	7	4	9	2
S	P	E	C	K	■	E	M	U	■	N	O	N	9	4	1	5	3	2	8	6	7
■	■	R	H	O	S	■	I	N	D	E	N	T	7	2	8	4	9	6	5	3	1
A	L	M	O	S	T	■	S	M	U	■	■	■									
L	E	I	■	H	I	S	T	A	M	I	N	E									
P	A	N	■	E	L	I	A	N	■	O	U	T									
O	D	E	■	R	E	N	D	S	■	N	B	C									

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Corn Chowder with Ham

INGREDIENTS:

2 cups frozen corn
1 3/4 cups low-sodium chicken broth
1 yellow onion, chopped
1 medium-size potato or parsnip, peeled and cubed
1 cup chopped sweet green, red, and yellow pepper
1 tsp dried marjoram leaves
1/4 tsp each salt and black pepper
1/2 cup 1% milk
3 tbsp all-purpose flour
1 cup bite-size pieces cooked low-sodium ham

METHOD:

1. Cut kernels off fresh corn; measure 2 cups corn. In large pot, combine corn, broth, onion, potato, green pepper, marjoram, salt and white pepper. Bring to boil. Lower heat and simmer, covered, 10 minutes or until potato is almost tender, stirring occasionally.

2. In small bowl, whisk milk and flour. Stir into corn mixture. Cook, stirring constantly, 2 minutes or until thickened and bubbly. Stir in ham. Cook 2 minutes more or until heated through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Some habits are easy to break but others are exceedingly difficult to change and one such habit will cause you a certain amount of grief today.

TAURUS ♉
APRIL 21-MAY 21
If you force yourself to do something you don't think you'll enjoy today you may be surprised to discover that it's not so bad after all.

GEMINI ♊
MAY 22-JUNE 21
You may find yourself under pressure from colleagues and friends to do things that seem wrong or immoral. Always be true to yourself.

CANCER ♋
JUNE 22-JULY 22
Actions always speak louder than words, so do what has to be done today and don't worry that others might not understand your reasons.

LEO ♌
JULY 23-AUG 23
Don't let money worries limit your horizons. You may think you cannot afford to go out and have fun but you can if you use your imagination.

VIRGO ♍
AUG 24-SEPT 22
Everything seems to be falling into place at the moment, but there is a danger you could spoil things by focusing on minor failures.

LIBRA ♎
SEPT 23-OCT 23
Something that was easy yesterday will for some strange reason be difficult today, but you must not use that as an excuse to give up on it.

SCORPIO ♏
OCT 24-NOV 22
You may find it hard to get along with certain people but you should make the effort nonetheless. Today few things will faze you.

SAGITTARIUS ♐
NOV 23-DEC 21
It may not be easy turning down a proposal of some kind but if your instincts tell you to steer clear it would be foolish not to take note.

CAPRICORN ♑
DEC 22-JAN 20
Is it possible to have too much of a good thing? Maybe, but you're not about to let that bother you, not when everything is going so well that life is a breeze.

AQUARIUS ♒
JAN 21-FEB 18
You may be anxious about a money matter or work issue that is outside your control. Focus your attention on other more enjoyable things.

PISCES ♓
FEB 19-MARCH 20
It may seem as if someone is deliberately ignoring you but appearances can be deceptive. Most likely they are so caught up in their own worries.

This day in history

1215: King John of England puts his seal to the Magna Carta.
1667: The first human blood transfusion is administered by Dr. Jean-Baptiste Denys.
1752: Benjamin Franklin proves that lightning is electricity
1846: The Oregon Treaty establishes the 49th parallel as the border between the United States and Canada, from the Rocky Mountains to the Strait of Juan de Fuca.
1944: In Saskatchewan the CCF, led by Tommy Douglas, is elected and forms the first socialist government of North America.

METRO NEWS SERVICES

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